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**THE
TAKE-OUT MENU COOKBOOK**
by Carla Snyder & Meredith Deeds

How to Cook IN the foods you love to order OUT

/24-7PressRelease/ - BOSTON, MA, October 07, 2007 - Chinese or Thai? Indian or Italian? You can't decide what you're in the mood for tonight, but whatever it is, you want your dinner to be different this evening. Unfortunately, the ethnic food pickings in your neck of the woods are slim. What to do when you need your ethnic food fix? Take matters into your own hands, and make your favorite foods from all over the globe at home—Carla Snyder & Meredith Deeds can show you how! THE TAKE-OUT MENU COOKBOOK (Running Press, November 2007, \$19.95/hardcover) is your first-class ticket to the crème de la crème of your favorite ethnic fare. Featuring the top take-out and carry-away dishes from the 12 most popular ethnic cuisines - including Chinese, Italian, Mexican, and Indian - you can go around the world in 200 recipes, for less than the cost of your usual take-out bill!

Recipes you never thought you could make at home are well within your reach:

- Indian favorites, like Aloo Samosas and Mulligatawny Soup
- Greek delights, like Dolmades (Lamb and Dill Stuffed Grape Leaves) and Moussaka
- Tasty Thai staples, such as Pad Thai and Spicy Peanut Sauce
- All your favorite Chinese stand-bys, including General Tso's Chicken and Barbecued Spare Ribs
- Gourmet quality French fare, such as Coq au Vin and Cassoulet
- Delicious Japanese treats, like sensational Spicy Tuna Rolls and terrific Teriyaki Chicken

Trying to make familiar dishes from an unfamiliar cuisine can be daunting: even highly experienced cooks can find themselves rattled by sushi or derailed by dim sum. Under the guidance of Carla Snyder & Meredith Deeds, the unfamiliar territory of ethnic cuisine is easily maneuvered. Plus, the home-cooked versions of these ethnic staples are guaranteed to be fresher, cheaper, and healthier than those made in any restaurant. Trying to cut back on sodium but still want to enjoy a delicious Chinese feast? With THE TAKE-OUT MENU COOKBOOK, you can!

A perfect book for any cook with an adventurous palate, the THE TAKE-OUT MENU COOKBOOK will have readers looking for excuses to stay in for a change.

About the Authors

Carla Snyder, Chef de Cuisine of the highly regarded Western Reserve School of Cooking, has taught culinary programs for the past 13 years. She is a former artisan baker and caterer who loves sharing her unique cooking approach and wisdom with students. Carla lives in Hudson, Ohio.

Meredith Deeds attended restaurant school and has lived, cooked and taught all over the country. She teaches a range of classes from general cooking technique to ethnic cuisines including Mexican, Thai and Italian. She is also a writer whose articles have appeared in Cooking Light, Fine Cooking, Chile Pepper Magazine and Prevention. Meredith lives in Plano, Texas.

Carla and Meredith have authored two previous cookbooks together: The Mixer Bible and The Big Book of Appetizers, which was nominated for best cookbook in the category of Entertaining by the James Beard Foundation in the Spring of 2007.

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by Meredith Deeds and Carla Snyder

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