



The Fearless Frying Cookbook

John Martin Taylor

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Fried food is crispy, juicy, golden, and tasty. It's food that inspires passion, and no matter what anyone says about health you're going to find a way to eat it. But wait, even the health news isn't so bad-if food is fried properly.

Hoppin' John Martin Taylor, well-respected food writer and author of *Lowcountry Cooking*, first shows how food that is cooked in clean, hot oil can be virtually greaseless. Hoppin' John's collection of over 125 fast, easy-to-prepare recipes not only includes the essentials-from fritters to corn cake, Smothered Steak to Pan-Fried Pork Chops-but offers lots of unexpected treats, too, with Asian, Mexican, Indian, and other influences. There are Vietnamese Spring Rolls, Italian Zucchini Pancakes, and Whole Fried Fish with Spicy Thai Sauce.

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