



# Modern Grill Pan Cooking : 100 Innovative Recipes for Perfect Results

*Gina Steer*

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## **Modern Grill Pan Cooking : 100 Innovative Recipes for Perfect Results** Gina Steer

Health-conscious Americans are making grill pans a hot trend, with everyone from Martha Stewart to *Gourmet* magazine featuring foods cooked in the uniquely designed pan. The ridged cooking surface enables food to be grilled year-round, using less fat than any other method.

*Modern Grill Pan Cooking* features 100 recipes designed for fast, healthy cooking with the bonus of char-grilled look and flavor! Great for the health conscious, busy parents, singles on the go, and anyone who craves a barbecue in the dead of winter. Following an introduction on making the most of the grill pan, chapters on fish and shellfish, beef, lamb, pork, poultry, vegetables, and fruit offer a wide variety of innovative recipes for a host of occasions.

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