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Kitchen Confidence: Essential Recipes and Tips That Will Help You Cook Anything

Kelsey Nixon

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Kitchen Confidence: Essential Recipes and Tips That Will Help You Cook Anything Kelsey Nixon **Host of Cooking Channel's *Kelsey's Essentials* and fan favorite on season four of *The Next Food Network Star*, Kelsey Nixon shares the essential recipes, techniques, and tools that new home cooks need in their back pocket.**

A young food star and new mom, Kelsey is an invaluable friend in the kitchen to everyone settling into their first kitchen of their own. Her recipes, which are broken down into simple steps, teach readers how to cook, highlighting key tools and basic techniques everyone should know. And yet her flavors are anything but basic; Kelsey gives everyone the confidence to start with the 2.0 version of a recipe instead of the boring standards. For example, she makes her house pilaf with quinoa instead of rice, and her addictive fruit salad is a savory first course instead of a lackluster dessert.

With 100 recipes and 60 color photographs, *Kitchen Confidence* brings home all of the energy and spirit of the Cooking Channel show of the same name, making it an excellent handbook for newlyweds, recent college graduates, and those discovering their kitchens for the first time.

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