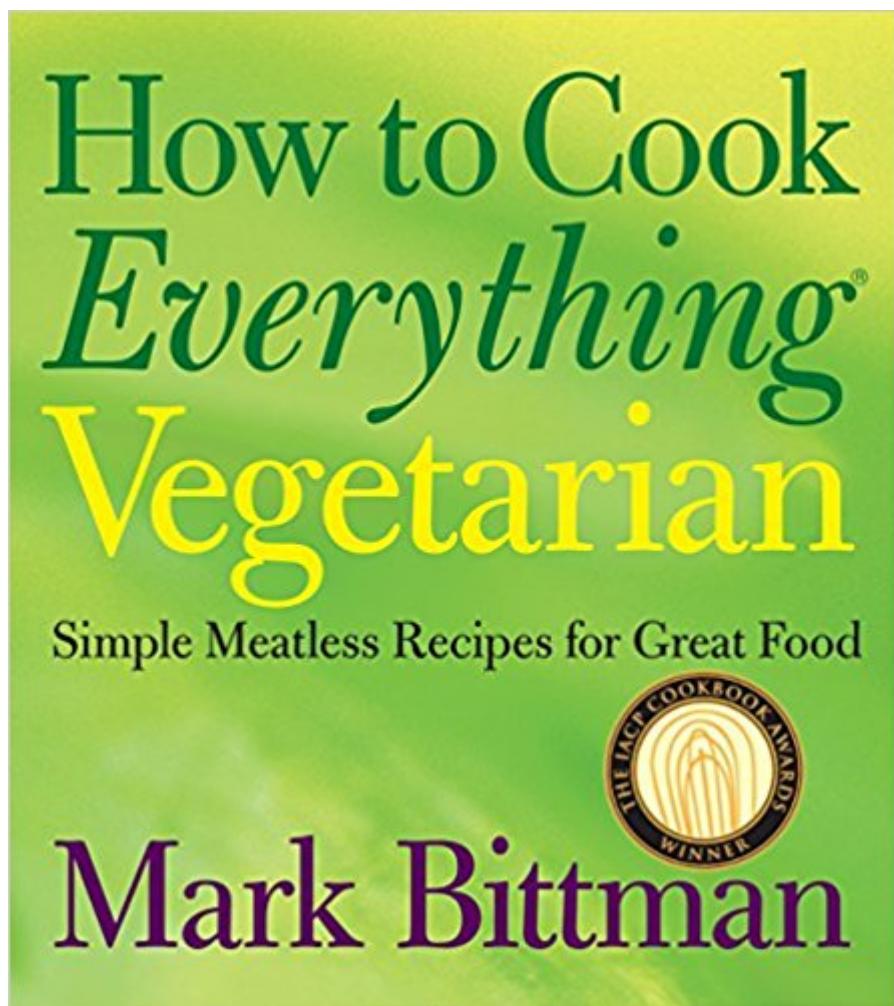


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# How To Cook Everything Vegetarian: Simple Meatless Recipes For Great Food



## Synopsis

The ultimate one-stop vegetarian cookbook-from the author of the classic *How to Cook Everything*. Hailed as "a more hip Joy of Cooking" by the *Washington Post*, Mark Bittman's award-winning book *How to Cook Everything* has become the bible for a new generation of home cooks, and the series has more than 1 million copies in print. Now, with *How to Cook Everything: Vegetarian*, Bittman has written the definitive guide to meatless meals-a book that will appeal to everyone who wants to cook simple but delicious meatless dishes, from health-conscious omnivores to passionate vegetarians. *How to Cook Everything: Vegetarian* includes more than 2,000 recipes and variations-far more than any other vegetarian cookbook. As always, Bittman's recipes are refreshingly straightforward, resolutely unfussy, and unfailingly delicious-producing dishes that home cooks can prepare with ease and serve with confidence. The book covers the whole spectrum of meatless cooking-including salads, soups, eggs and dairy, vegetables and fruit, pasta, grains, legumes, tofu and other meat substitutes, breads, condiments, desserts, and beverages. Special icons identify recipes that can be made in 30 minutes or less and in advance, as well as those that are vegan. Illustrated throughout with handsome line illustrations and brimming with Bittman's lucid, opinionated advice on everything from selecting vegetables to preparing pad Thai, *How to Cook Everything: Vegetarian* truly makes meatless cooking more accessible than ever. Praise for *How to Cook Everything Vegetarian*: "Mark Bittman's category lock on definitive, massive food tomes continues with this well-thought-out ode to the garden and beyond. Combining deep research, tasty information, and delicious easy-to-cook recipes is Mark's forte and everything I want to cook is in here, from chickpea fries to cheese soufflÃ©s." • Mario Batali, chef, author, and entrepreneur "How do you make an avid meat eater (like me) fall in love with vegetarian cooking? Make Mark Bittman's *How to Cook Everything Vegetarian* part of your culinary library." • Bobby Flay, chef/owner of Mesa Grill and Bar Americain and author of the *Mesa Grill Cookbook* "Recipes that taste this good aren't supposed to be so healthy. Mark Bittman makes being a vegetarian fun." • Dr. Mehmet Oz, Professor of Surgery, New York-Presbyterian/Columbia Medical Center and coauthor of *You: The Owner's Manual*

## Book Information

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## Customer Reviews

Author of a dozen bestselling cookbooks and beloved columnist for The New York Times ("The Minimalist"), Chef Mark Bittman bookends his award-winning modern classic, How to Cook Everything, with How to Cook Everything: Vegetarian the ultimate one-stop resource for meatless meals. Refreshingly straightforward and filled with illustrated recipes, this is a book that puts vegetarian cuisine within the reach of every home cook. You'll want to spend countless days in the kitchen with Bittman's latest culinary treasure. Recipe Excerpts from How to Cook Everything Vegetarian

Spinach with Chiles Chickpea Fries (Panelle) Braised Tofu with Eggplant and Shiitakes -Exclusive Crunchy Corn Guacamole

5 Questions for Mark Bittman Q: What motivated you to write a comprehensive cookbook of vegetarian recipes right now? A: What motivated me--several years ago--was seeing the handwriting on the wall: That although being a principled, all-or-nothing vegetarian was not a course of action that would ever likely inspire the majority of Americans, the days of all-meat-all-the-time (or, to be slightly less extreme, of a diet heavily dependent on meat) could not go on. Averaging a consumption of two pounds a week or more of meat (as Americans do) is not sustainable, either for the earth or our planet. And, as more and more of us realize this, I thought it was important to develop a cookbook along the lines of How to Cook Everything, but without meat, fish, or poultry. Needless to say, there's plenty of material.

Q: In the course of writing How to Cook Everything Vegetarian did your approach to food shopping, cooking or dining change significantly? A: Completely. The more I tried new ways of cooking with vegetables, whole grains, and legumes, the more I enjoyed them. I probably eat sixty or seventy percent fewer animal products than I did three years ago.

Q: Because meatless cooking isn't limited to a single cuisine, your recipes introduce the flavors and techniques of many different cultures and cuisines. How did you manage to cover so much ground?

Seems like a daunting task. A: It's what I do. Q: Out of the more than 2,000 recipes in the cookbook do you have a favorite dish or dessert that you turn to again and again? A: No. There are hundreds I wish I could cook all the time, but one can only cook and eat so much. But in the last week, for example, I've made Fava Bean and Mint Salad with Asparagus; Lemon-Ricotta Pancakes; Cornbread Salad; and Red Lentils with Chaat Masala. Q: Why is simplicity so important in cooking? What does the novice home cook need to know to cook and eat well? A: Simplicity is only important because it's the way to learn to cook; it's very difficult to start cooking with complex dishes. For people to learn to cook, they must start simply--the way everyone used to cook. And, for most of us--including me--there's no reason to carry things much further. Even the simplest cooking is rewarding, enjoyable, and--obviously--the healthiest and best way to eat.

**Starred Review.** Marking how mainstream vegetarian cooking has become, the next must-have for the vegetarian cook's shelf comes from New York Times Minimalist chef Bittman, an avowed meat eater. And that ensures one of this massive compendium's many attractions: a wealth of recipes that don't scream vegetarian and plentiful guidelines to make cooking vegetarian as intuitive as cooking with meat. Like his now classic *How to Cook Everything*, this book opens with terrifically useful, straightforward discussions of essential ingredients, appliances and techniques, which Bittman builds on throughout in to-the-point sidebars and illustrated boxes. The recipes flow thick and fast in his theme-and-variations style: Green Tea with Udon Noodles is followed by concise instructions for making it 17 different ways, while Coconut Rice gets five additional takes and Kidney Beans with Apples and Sherry four; other lists (six Great Spreads for Bruschetta or Crostini, 10 Garnishes for Pozole with Mole) abound and inspire. New vegetarians and vegetarians cooking for omnivores will appreciate Bittman's avoidance of faux meat products in favor of flavorful high-protein dishes like Braised Tofu in Caramel Sauce and Bechamel Burgers with Nuts. Even owners of the original book will find much new to savor while benefiting from Bittman's remarkable ability to teach foundational skills and encourage innovation with them, which will help even longtime vegetarians freshen their repertory. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

I've only used this book once and mostly skimmed through it to review the content, but so far so good! I'm not much of a whiz in the kitchen. I can follow a recipe and creatively make things taste good--but it's not a passion. I love that this book gives you many alternatives and suggestions for "in

general" recipes. I used it to make oven baked fried chicken. The recipe also suggested I could use another protein like pork chops, and called for buttermilk, something I don't regularly buy. I flipped to the back of the book to find the page number on how to make buttermilk. I loved that my expectations were immediately met by this thought, and the chicken was tasty! It's simply written and easy to follow, and organized in a user friendly manner. I love that the recipes aren't overly committed to complex, flamboyant ingredients and directions. This isn't the type of book where you'll find new age, trending recipes like Kale Chips or the wonderment of Quinoa; but it'll show you the basics on how to create alternative "chips" and goes into detail about quinoa as a grain.

I like to cook. Part of cooking to me, is experimentation and trying out new things. I don't care to follow exact recipes and am always trying to expand my repertoire. There have been times that I've wanted to try something new, but a certain fish, or cut of meat, seemed pretty pricey to potentially ruin. In those cases, I'd stick to my dishes I knew. Not anymore, this book is such a great guide and covers everything from what to look for when picking out your foods to how to prepare raw ingredients (shucking oysters or removing pin bones from fish). There are recipes you can follow, but also fantastic outlines on how to simply approach the seasoning and cooking of, well, pretty much everything. If you're an avid, adventurous cook who hates following directions and likes smashing results, this book is for you.

This is an excellent cookbook. The writer is well known in the USA, as the food writer for the New York Times. It is a comprehensive book, with hundreds of interesting recipes, as well as practical tips. One of the most important things about the book is that the recipes actually work! Try the soufflÃ© recipe- I have found it to be literally foolproof! Highly recommended, and a great gift. Non-US readers should note this is a US book, so it refers to US measures and names for certain foods.

There are a lot of recipes, so it's a good place to start off. But the problem that I run into is that it may be hard to find something, and also a lot of the recipes are pretty bland and basic with not much to them.

Wow. This book covers just about everything (veggies, fruit, meat, & bread plus more) and this book has some very simple, but good recipes that I am looking forward to making. The author has provided well thought explanations concerning spices, mixing methods, plus explanations in areas

that may cause difficulty for the home cook. A must-have cookbook for every kitchen regardless of the level of experience of the home cook. This tenth anniversary revised edition cookbook would also make a grand gift.

I bought this book for my sister who loves to cook. She previously had this book she had left it somewhere so she lost it. From her perspective it's an overall great book. It shows you the basics you need to make amazing dishes. And trust me I know as I have eaten her cooking. It's silly how something as simple as rice is always a pain to make and so difficult to get it to the right consistency. With this book though, she's mastered rice! I'm going to be buying this book for myself as well. It's also a great idea for a present for a friend who doesn't know how to cook, college student, or a newlywed couple.

Love it, in general, but be aware that it is "general." The preparation of vegetables is particularly useful with the illustrations. It is very much an overview, though--you're not going to find fancy or exotic preparations. Mark's thing is that he thinks like a home cook--if you're going to spend the effort of cooking something, might as well start thinking about future meals. There's an index at the end of the section that suggests what to do with extra cooked onions, for example. That's my guy. I might be niggling on this, but he hates on bread machines and I just have to disagree here. Have you made bread? It's essentially a whole lot of kneading, a whole lot of waiting, and a whole lot of things that a machine can totally do easily, while you go off and do the things in the rest of your life. I'm going to assume his hate is because he wants people to understand why fresh bread is so delicious, and the effort and patience involved makes it so. Mark, I get you. I cannot eat factory bread because I'm spoiled. But bread machines totally just erase a bunch of steps, and shouldn't we be encouraging everyone to appreciate freshness and local ingredients? Great "textbook" style book for home cooks. If you loved his original, this is the same style, just tweaked a bit for the meat-free.

This cookbook is extremely useful and empowering. For me, a person with little experience in the kitchen, it has freed me to try new things and enabled me to get delightful results pretty easily. One of the best features of the book is the approach of theme and variation. Every recipe is actually a lesson, teaching you how to cook some basic fundamental dish, and then there are several (sometimes dozens) of variations that can be tried based on that dish based on taste or available ingredients. This promotes experimentation and the development of intuition, and it is far less

overwhelming than dozens of separate but similar recipes would be. My one suggestion/wish would be to provide metric units of measure. I am trying to use this book in Europe, and the units of cups etc are tedious to convert to g and ml. At least in the eBook, this should be selectable.

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