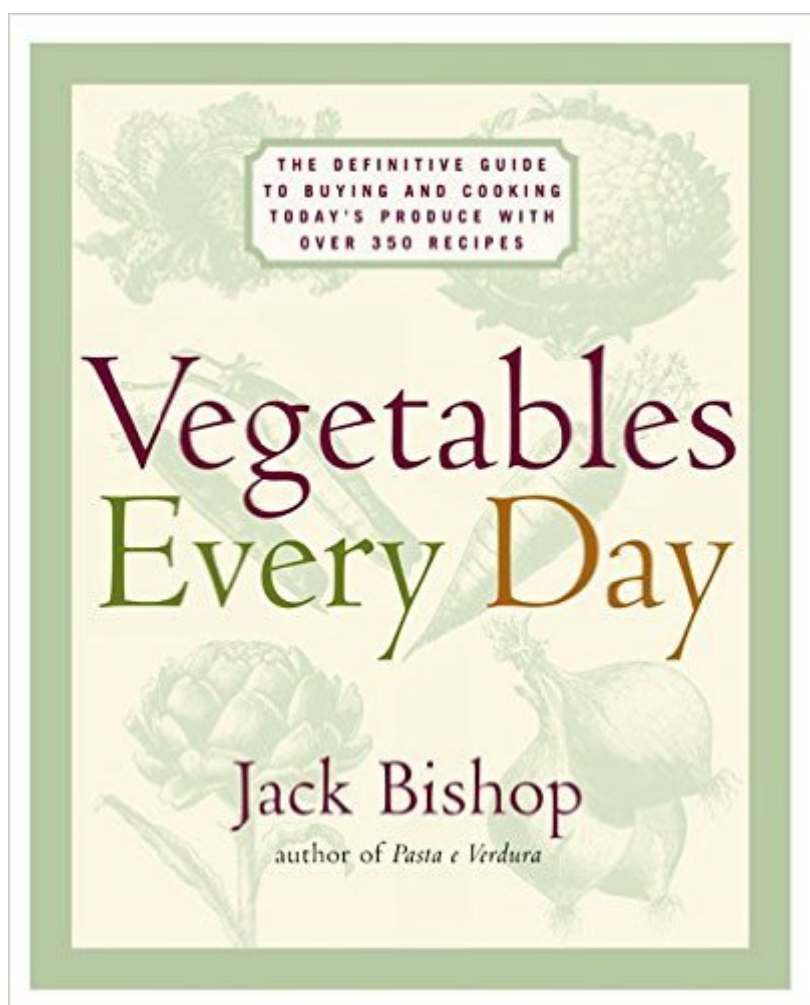


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# Vegetables Every Day: The Definitive Guide To Buying And Cooking Today's Produce With More Than 350 Recipes



## Synopsis

The fresh vegetable sections in most supermarkets, farmers' markets, and gourmet groceries are overflowing with an amazing range of produce, both familiar and exotic. Consumers are tempted by kale and kohlrabi, taro and tomatillos, bok choy and burdock, along with all the familiar choices. Now acclaimed cookbook author and food writer Jack Bishop offers a comprehensive A-to-Z guide to this bounty of produce, complete with selection tips, preparation instructions, and hundreds of recipes for more than sixty-six commonly available vegetables. With Bishop's expert advice, you'll learn how to coax the very best flavor from every vegetable, whether it's a carrot, cauliflower, or cardoon. Wondering how and when to buy the sweetest green beans? Bishop suggests buying at the height of summer, and selecting beans that are crisp and slim (older, thicker beans will be mealy and bland). Confused about how to cook the spring's first sorrel? Bishop offers such unique and delicious dishes as Sorrel and Potato Soup and Sorrel Frittata. These recipes -- like all 350 in the book -- are clear and uncomplicated, ensuring success for even the novice cook. So whether you are looking for a salad or side dish, a vibrant main course, or simply great mashed potatoes, you are sure to find it in this essential kitchen companion. We all know that vegetables are the key to healthful eating -- now it's time to discover how great they can taste, each and every day!

## Book Information

Hardcover: 416 pages

Publisher: William Morrow Cookbooks; 1 edition (April 3, 2001)

Language: English

ISBN-10: 0060192216

ISBN-13: 978-0060192211

Product Dimensions: 7.4 x 1.3 x 9.1 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (96 customer reviews)

Best Sellers Rank: #78,752 in Books (See Top 100 in Books) #107 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#)

## Customer Reviews

First, I would like to note that I am an experienced cook with an advanced knowledge of vegetables so please keep that in mind while reading my review. Someone with less experience in the kitchen will definitely get even more out of this book than I did. Good news: Jack Bishop brings with him the credibility of being a part of the Cook's Illustrated staff. To those unfamiliar with their work this

means that the recipes are diligently tested over and over to achieve optimum cooking technique and flavoring. Furthermore, I was impressed with the variety of vegetables this book contained. The expected veggies are include in addition to the more unusual such as malanga, boniato, sorrel, salsify, etc... which altogether add up to over 60 different vegetables. Each vegetables 'chapter' begins with a description of the veggies origin, flavor, availability and how to select, store, prepare and cook it. This is followed by several recipes. Some of my favorites include: "Roasted Asparagus with Peanut Sauce, Stir-Fried Asparagus with Basil and Spicy Orange Sauce, Broccoli with Spicy Balsamic Dressing and Black Olives, Braised Brussel Sprouts with Mustard Cream Sauce, Sauteed Chayote with Fresh Corn, Chile and Oregano, Soy Braised Collards with Five-Spice Powder, Corn and Mushroom Saute, Cucumber-Watermelon Salsa, Grilled Eggplant Salad with Thai Flavors, Green Beans and Corn with Tomato-Herb Vinaigrette, Jicama and Carrot Salad with Ginger-Sesame Vinaigrette, Shredded Kohlrabi with Butter and Parmesan, Mexican Mushroom Soup with Chiles, Tomatoes and Cilantro, Grilled Plantains with Citrus Glaze, Roasted Radishes with Soy and Sesame Seeds, Taro Soup and Butternut Squash Soup with Cider and Cardamom". As you can see there is much to love!

'Vegetables Every Day' is by Jack Bishop, a very intelligent craftsman of cookbooks similar to James Peterson, Molly Katzen, Rose Levy Beranbaum, and Pam Anderson. Each is skillful at creating very useful reference books on various aspects of cooking. And, it should be no surprise that both Bishop and Pam Anderson are current or past senior staffers at 'Cooks Illustrated' magazine. It is a great treat to have two of these skillful authors both do excellent books on vegetables, and to have the two books done from two so different points of view that one will feel no pangs of waste by owning both. Bishop's book is certainly the more accessible of the two, as the material is presented in a very straightforwardly encyclopedic presentation. There are uniform articles on 66 different vegetables, a veritable celebration of the variety of vegetables available through part or all of the year round. Among these 66, there are the old favorites such as broccoli, carrots, celery, mushrooms, potatoes, tomatoes, and onions. Alongside these there are new favorites brought to our attention by hours of watching Mario Batali, Bobby Flay, and Jaime Oliver such as Artichokes, Broccoli Rabe, Cardoons, Celery Root, Dandelion Greens, Fava Beans, Fennel, Soybeans, Turnips, and Zucchini. At the far end of familiarity are Boniato, Burdock, Calabaza, Chayote, Jerusalem Artichokes, Kohlrabi, Malanga, Sorrel, Taro, and Yuca. These are the veggies which should be approached with one of my favorite Alton Brown 'Good Eats' moments when he recommends that you walk into your megamart with fresh eyes on the lookout for

unfamiliar products and investigate what can be done with these little gems.

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