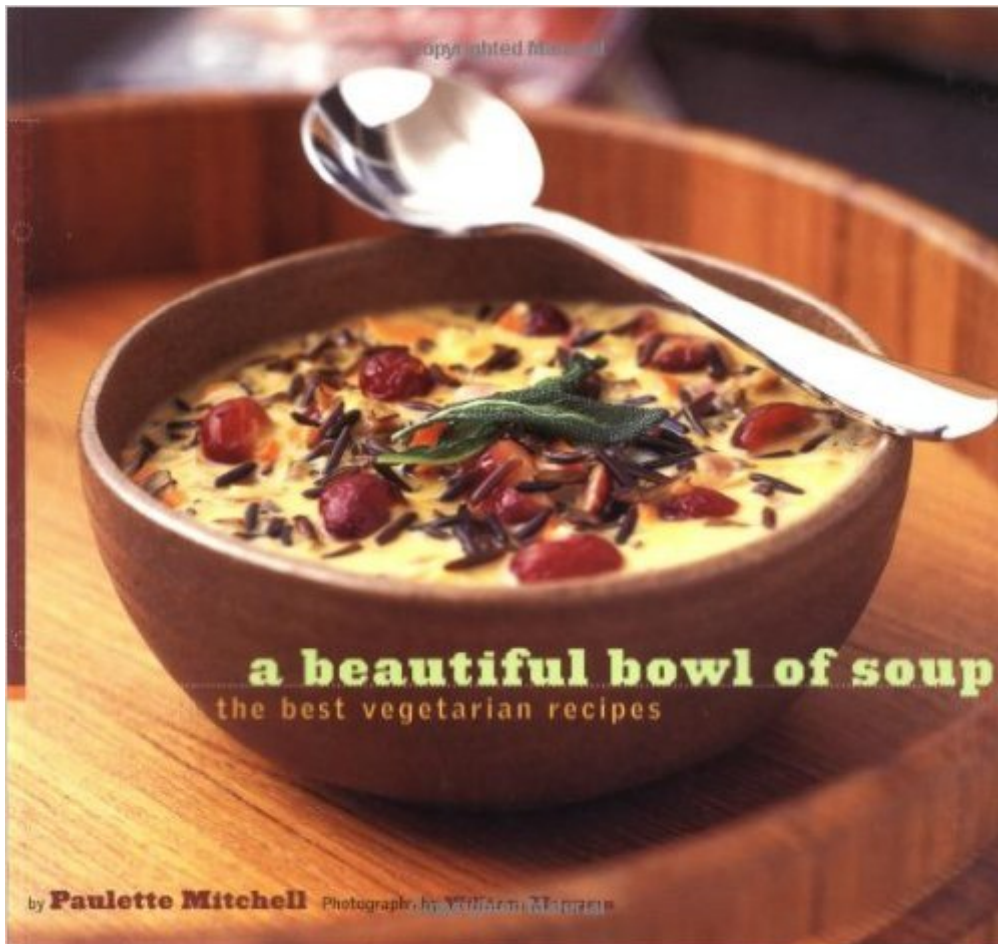


The book was found

A Beautiful Bowl Of Soup: The Best Vegetarian Recipes



Synopsis

No, there is no chicken stock in this soup. What you'll find here is page after glorious page of the loveliest, most delicious soups and stews - each and every one entirely vegetarian. Brimming with international flavors, Paulette Mitchell's easy-to-follow recipes are paired with unique accompaniments, garnishes, and toppings that add tremendous visual appeal. Witness hearty Pumpkin Stew baked and served in a pumpkin shell; classic onion soup updated with crunchy goat cheese toasts; and Spicy Sweet Potato Ancho Bisque swirled with bright Roasted Red Pepper Cream. From Mediterranean Saffron Stew to Greek Spinach and Orzo Soup, these colorful dishes are simple enough for every day, yet sophisticated enough for elegant dinner parties. Instructions for making tasty vegetable stock from scratch, a selection of delicious vegan soups, and a helpful "tips" section make this gorgeous cookbook an important addition to any kitchen where good food and good health are on the menu.

Book Information

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Customer Reviews

It is much easier to identify very good and very bad cookbooks than it is to identify the merely good or average cookbooks. I saw the beauty of this book with the first recipe I prepared from it. I have read two other books on soup by very famous cookbook authors Barbara Kafka and James Peterson and I would recommend this little book over both of their works. Both of these other works are good, worthy of five stars, but this volume by Paulette Mitchell is better for the price. The fact that it is limited to only vegetarian and vegan recipes detracts not one wit from its value to the general

cook. If this means anything at all, it means that the recipes will be less expensive and faster to prepare than recipes including meat. It especially means that you can make an appropriate homemade vegetable stock for these recipes very cheaply and easily, with no chicken sanitary problems to deal with. The main body of the book with the chapters of soup recipes covers: Creamy Soups featuring curried carrot, potatoes, squash, chestnuts, bell peppers, fresh peas, and peanuts. Chunky Soups featuring black beans, red lentils, chickpeas, asparagus, miso, minestrone and ribollita. Chilled Soups featuring Vichyssoise, borscht, lettuce soup, avocado soup, and gazpacho. Dessert Soups featuring berry-wine, strawberry-rhubarb, gingered pear, and brandied pumpkin. The chapter on chunky soups comprises about half the recipes. It should be clear from this list that most of the major soupy players are present. The only major type of soup one may miss is seafood chowders. For that, you can go to Jasper White's excellent book, '50 Chowders'.

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