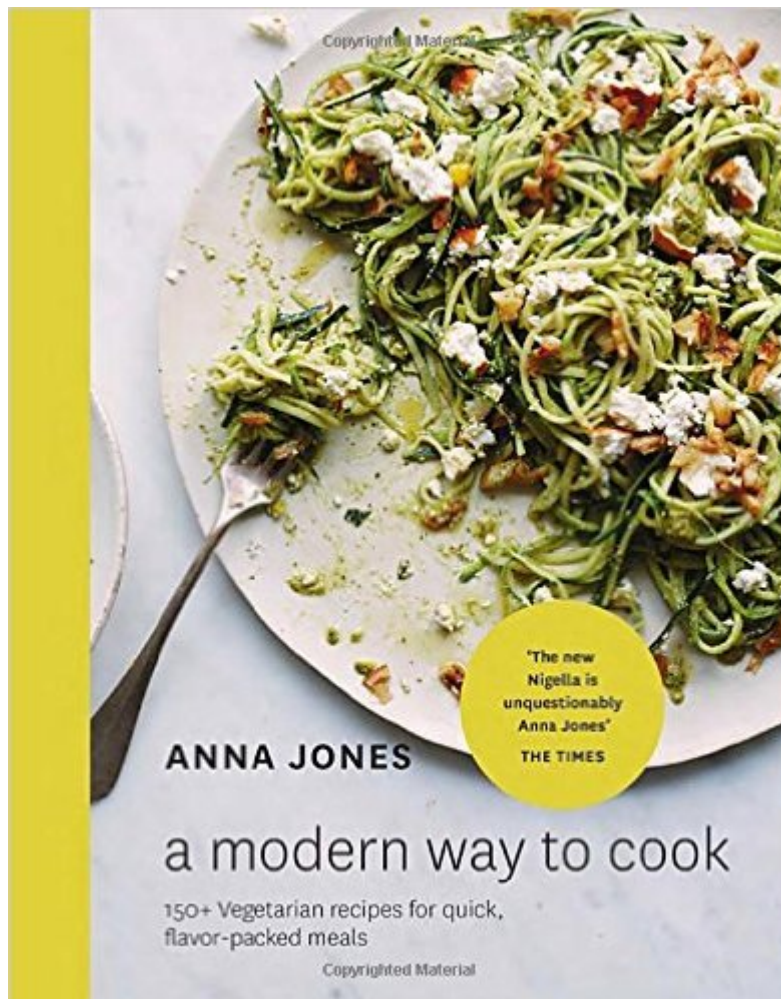


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# A Modern Way To Cook: 150+ Vegetarian Recipes For Quick, Flavor-Packed Meals



## Synopsis

From the author of the brilliant *A Modern Way to Eat*, who was dubbed "the new Nigella Lawson" by *The Times*, comes this beautiful collection of 150+ delicious and inspiring weeknight vegetarian recipes. EATING HEALTHY ISN'T ALWAYS EASY when you're coming home late at night and tired. In this genius new collection of vegetarian recipes, author Anna Jones tackles this common problem, making nourishing vegetable-centered food realistic on any day of the week. The chapters are broken down by time, with recipes that can be prepared in under 15, 20, 30, and 40 minutes, so no matter how busy you are, you can get dinner on the table, whether it be smoky pepper and white bean quesadilla, butternut squash and sweet leek hash, or chickpea pasta with simple tomato sauce. With evocative and encouraging writing, *A Modern Way to Cook* is a truly practical and inspiring recipe collection for anyone wanting to make meals with tons of flavor and little fuss.

## Book Information

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## Customer Reviews

If you are looking for a new vegetarian cook book, this one has a lot going for it: Innovative, creative, mouthwatering. It makes vegetarian seem like a new idea; very little that has been done before and nothing re-hashed. Techniques, ingredient pairings and presentation are exciting. If you were falling into a rut with your vegetarian cooking, this book will sky-rocket you out of the depths. This London-based author, together with publishers Ten Speed Press, have tailored this book to the American audience. Plus Jones did a lot of the work for this, her second book, while visiting her

sister who lives in California. So, you will find American names and measurements in this book. And you will be able to find most of the ingredients easily. And if you are looking for vegan recipes, there are plenty of vegetarian recipes in this book with variations for vegan. "Practical" and "inspiring" are words used on this product page and I can't think of any more appropriate, and I eagerly shout, "I second the motion!" She relies heavily on nutrient rich vegetables like kale, beet, avocado, sweet potato, carrots. There is almost always a touch of sweet, like maple syrup; a bit of tang, like rice wine vinegar or lime; plenty of umami, and usually a touch of spicy heat and sometimes a bitter element. She uses plenty of textural differences--crunchy, like nuts, seeds or crispy fried veggies; and smashed, pureed and creamy, fresh, sauteed, boiled, roasted, broiled, braised. It is obvious that visual appeal is very important to her: There is always a variety of color, size and shape. Great book as a source for everyday meals: There are whole chapters that provide recipes that can be completed in 20 minutes, 30 minutes, 40 minutes. Working with these recipes, I have realized that prep time is sometimes, but not always, included in those 20-40 minute times. She advocates multi-tasking: Get something cooking, then start prepping other ingredients. She does not prep all ingredients prior to starting. Very often part of the instructions include filling a kettle with water and starting it to boil as part of her prep work. She uses the boiling water to shorten cooking times and also to blanch vegetables. (I like that technique quite a bit.) There are exact measurements in the ingredient lists. For example: "2 sweet potatoes, about 17 ounces". She implements some interesting techniques. For example: Drain a can of black beans, and dry fry them to make them crispy. There are interesting salads with unique dressings and plenty of variations. There are gratins, soups, curries, a burger and even a moussaka. There is a basic soup with a multitude of variations, and a luscious honey rye bread. You will learn to make tofu, paneer and yogurt; how to cook beans and grains. There is a breakfast chapter with smoothies, pancakes, porridge, fruit plates and more. And a dessert chapter with pudding, ice cream, cookies, brownies, bars and cheesecake. I really appreciate the "Investment Cooking" chapter: Nut butters, milks, dips and tahini, crackers, muffins, an amazing lemon and cannellini cake and a sweet potato and malted chocolate cake. There are variations for granola and cereal, and a banana breakfast bread. Her "Goodness Bowls" will have you hurrying to the kitchen to get creative: Using a grain, bean or legume as a base, you add 2 to 4 different veggies, plus something sauteed, roasted or pickled as a flavor booster, a dressing, fresh herbs, and a sprinkling of something crunchy or cheesy. The Goodness Bowls recipes are presented as lists of choices. Jones uses the same type of presentation for her 20-minute stir-fries: A main veggie, a secondary veggie, some protein (tofu, tempeh, seitan, egg, paneer), some aromatics, a rice or noodle, dressing, and a crunchy topping. Stimulating full-color pictures, but not a

picture for every dish. Easy on the eye, easy to follow, easy to read type style and page layout. The index is extensive--12 pages long!\*I received a free, temporary download from the publishers. I like the book so much that I have purchased my own hard copy.

This book has a lot of new innovative, creative, mouthwatering ideas. It makes vegetarian seem like a new idea; very little that has been done before and nothing re-hashed. Techniques, ingredient pairings and presentation are exciting. And you will be able to find most of the ingredients easily. She relies heavily on nutrient rich vegetables like kale, beet, avocado, sweet potato, carrots. There is almost always a touch of sweet, like maple syrup; a bit of tang, like rice wine vinegar or lime; and usually a touch of spicy heat and sometimes a bitter element. She uses plenty of textural differences--crunchy, like nuts, seeds or crispy fried veggies; and smashed, pureed and creamy, fresh, sauteed, boiled, roasted, broiled, braised. It is obvious that visual appeal is very important to her: There is always a variety of color, size and shape. By the way, loved this book and will put it to good use, I received this copy from Blogging for Books for my honest appraisal

Ten Speed Press and NetGalley provided me with an electronic copy of *A Modern Way to Cook*, in exchange for an honest review. Plant based diets have taken center stage in the last couple of years, so author Anna Jones has compiled this collection of vegetarian recipes that can be prepared in under 15, 20, 30, or 40 minutes. Taking time to explain the necessary equipment for quick cooking and the important ingredients for a well stocked pantry, the author helps the reader by taking the guesswork out of this new format of cooking. Each recipe is prefaced with either a quick tip, a suggestion, a possible pairing with another recipe, or a personal anecdote that really helps to make this cookbook special. Filled with beautiful photographs, *A Modern Way to Cook* provides readers with the visuals necessary to spark interest and inspiration. My favorite recipes appear in the section titled Investment Cooking, including recipes for delectable such as Ultimate Pecan Banana Breakfast Bread (p. 236), Honey Rye Bread (p. 254), Rainbow Paletas (p. 266), and Summer Rhubarb and Strawberry Crisp Bars (p. 270). One of the most timely recipes is the Strawberry, Coconut, and Cardamom Smoothie, made even more usable with a list of favorite add-ins and favorite combinations. Regardless of whether you follow a vegetarian diet or not, *A Modern Way to Cook* will inspire many readers to try something new.

I am so excited about this book. I am a vegetarian so, first of all I love how thick this book is. I could tell when I picked it up that it was going to be filled with things I could cook my family. It got even

better as I opened the book and began to read. This amazing cookbook is broken down by how long it takes you to cook a meal. 15, 20, 30, 40 minutes...what you have time to cook, you can cook. I cannot say how happy I was that there were recipes for 15 minutes! Often when I don't have time to cook I end up feeding my family things that aren't the healthiest (boxed mac and cheese anyone?) but if I can cook a healthy vegetarian meal in 15 minutes then I am beyond excited!! I am ready to put this book to the test. I am going to use it to help plan meals and have these kind of ingredients on hand so I can pull together a healthy and delicious meal. I also love when cookbooks have pictures and this one has beautiful ones. Not every recipe has a picture but most do. I think this book is going to be a hit in our home as well as yours. I received this book free from the publisher in exchange for my honest review.

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