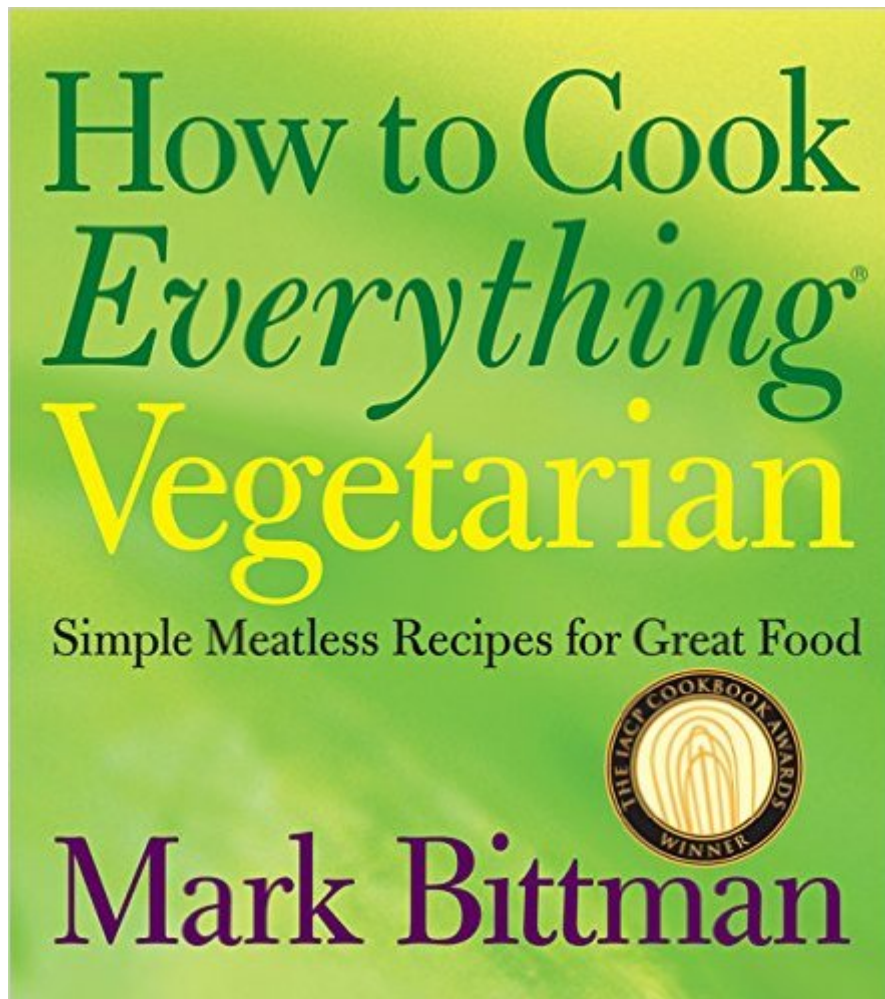


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How To Cook Everything Vegetarian: Simple Meatless Recipes For Great Food



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 soufflé." —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

Let me start by saying I'm a busy working mom of two. I grew up eating Hamburger Helper and hot dogs, so I didn't learn to cook until I was an adult. My dad's had triple bypass and my mom's having gastric bypass, so we're trying to learn from their mistakes and eat not entirely vegetarian, but definitely a more plant-based diet. I'm sure all this sounds familiar to a lot of people! How to Cook Everything Vegetarian is exactly the cookbook I've been trying to find for a long time. It has the simple, everyday recipes that I sometimes need, combined with a LOT of wonderful vegetarian dishes from ordinary supermarket ingredients. How about Peanut Soup, Senegalese Style? Or Korean-Style Noodles in Cool Bean Broth (in less than 20 minutes for when the kids are whining for dinner) Mustard Cheese Fondue? This book is written in Bittman's typical 'theme and variations' style, with a basic recipe (like for waffles) and then a sidebar or list following the recipe that gives variations (like a list of things you can add to waffles for flavoring). The great thing about this is that it means you rarely have to reject a recipe because you don't have the exact ingredients, just go with a variant. The only quibble I have with it is, it's sometimes difficult to keep track of what you are supposed to sub out & sub back in when you have a crying toddler on your ankle. A basic cookbook should also walk you through basic techniques and ingredients. I was a little surprised to see the vegetables chapter was nearly 200 pages. Then I looked through it and realized a lot of that is guidance on how to select and prep the various vegetables.

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