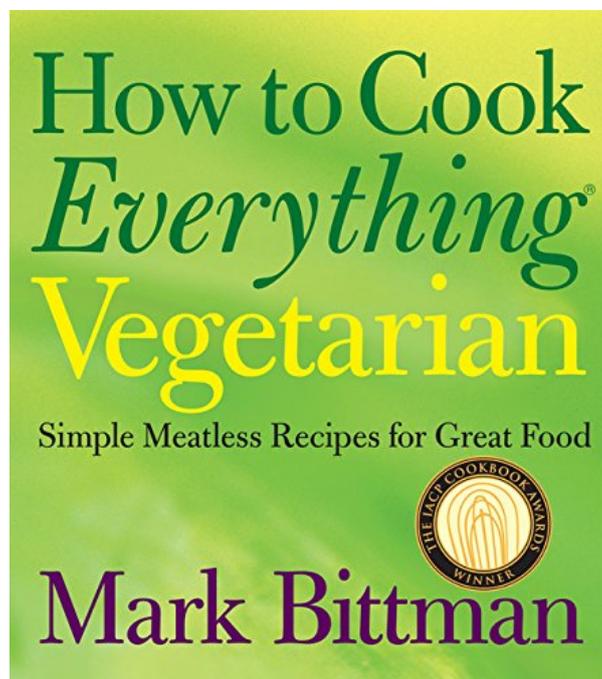


**HOW TO COOK EVERYTHING
VEGETARIAN: SIMPLE MEATLESS
RECIPES FOR GREAT FOOD BY MARK
BITTMAN**



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How to Cook *Everything*[®] Vegetarian

Simple Meatless Recipes for Great Food



Mark Bittman

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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 soufflés."—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*

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- Vegetarian
- Cook
- Recipe

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This is the one I've been looking for!

By Denise Patterson

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. It's also helpful that he includes substitution suggestions - I may be out of broccoli, but if I can make the same recipe with green beans, then I can forgo the trip to the store one more day.

Another nice thing about this cookbook is, unlike most vegetarian cookbooks I have seen, it doesn't rely heavily on unusual ingredients or meat substitutes. It seems like there has to be a happy medium between burgers & fries on one hand and stuff you've never seen before. Surely we can make a healthy diet based on basic veggies, fruit, grains, and legumes, and that's JUST what this book focuses on.

But it doesn't matter how great the book is if the recipes aren't good! So I tried a few. The Spicy Autumn Veggie Burgers (we made less spicy for the kids) were terrific with a dollop of peach chutney, although the kids preferred ketchup. I was pleased at how quickly they came together too. The Glazed Carrot Soup the kids ate without any complaint at all. And oh my the Apple "Fries"!!!!

Because I'm sure people are wondering - yes, he has another cookbook called How to Cook Everything: Vegetarian that came out several years ago. This is NOT just a remake of that slim volume. This is a completely new book. (Why his publishers wanted to do two books with titles the same except for a colon I'll never know.) There's no exact overlap with How to Cook Everything, that I saw - even for recipes like Waldorf Salad, that are essentially the same in both books, there is some slight variation and different text that shows that this was re-written, not just a cut-and-paste job.

In short, I'm very happy with it. I've cooked out of it every day since I got it and I'm sure this will be one of my 'go-to' cookbooks for years to come.

393 of 400 people found the following review helpful.

Useful and fun

By Tim Himes

"How to Cook Everything" is one of the more useful cookbooks I've owned. Each type of food has a "Basics" section that includes lots of preparation tips. The recipes themselves are detailed enough for beginners, and not so esoteric that you have to make a trip to a specialty grocery store every time you want to cook something. Especially helpful are the suggestions for expanding on each dish. For example, after the basic Chicken Kebab recipe, there are four modifications, including Chicken Kebabs in Yogurt-Cumin Sauce.

I'm relearning the way I prepare even the most basic things, like sandwiches and scrambled eggs. Who would have thought scrambled eggs could be so good? And the Pan-Grilled steak has weaned me from the backyard grill forever. No other cookbook would warn you that "clouds of smoke will instantly appear; do not turn down the heat." That bit of fear that your fire alarm will go off at any second just adds spice to the whole cooking experience.

The breadth of this book is amazing. Besides having nearly every type of Western cooking you can imagine, it also has recipes from Japan, India, Thailand, and... you get the idea.

There is one drawback -- this book has no photos, just a few hand-drawn illustrations. However, the book is so big that if it did have photos, it would cost much more.

774 of 815 people found the following review helpful.

It's o.k., but the same problem I always have with Bittman

By Cookin' up a storm

I'm a vegetarian of 15 years (with a meat-eating but open minded fiance) and an avid home cook. I got this book for Christmas and have slowly been exploring it. It's an interesting book and there are a lot of recipes that I'm tempted by, but it's the same problem I have with "How to cook everything": something is always wrong with the recipe. For example, his kosher pickles: the first time I tried making them with his measurements, the pickles were inedibly salty (and I love salt!) I'm now working with about a third less salt than he recommends and it's getting better. And that's what I always find with his recipes: they give you a promising start but require some major tinkering before they are really good, and I don't usually feel up to committing to that sort of trial and error. I am a passionate fan of Debbie Madison's "Vegetarian Cooking for Everyone." As an example of the difference, this week I had a dinner party and I made her cauliflower salad with green olives and capers even though I'd never tried it before, and it was a hit. Having used her book so much, I trust her recipes to be at least decent right out of the gate. I would never serve a Bittman recipe that I hadn't made before to guests because there are pretty good odds that the initial recipe needs some changes.

That being said, I'm certainly not sorry that I have this book. It has a good section on condiments that I'm sure I'll make use of fairly often, and it's a good cookbook to have on hand if you're tinkering in the kitchen and want some perspective on your technique. It's really more of a reference book than an book of recipes, and in that it is useful. But if you want ideas for delicious, satisfying vegetarian food, get "Vegetarian Cooking for Everyone."

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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.)(Publishers Weekly, June 18, 2007)

This book *How To Cook Everything Vegetarian: Simple Meatless Recipes For Great Food By Mark Bittman* deals you better of life that could develop the high quality of the life more vibrant. This *How To Cook Everything Vegetarian: Simple Meatless Recipes For Great Food By Mark Bittman* is just what individuals now need. You are right here and also you might be exact and also certain to obtain this book *How To Cook Everything Vegetarian: Simple Meatless Recipes For Great Food By Mark Bittman* Never ever doubt to get it also this is simply a publication. You could get this publication *How To Cook Everything Vegetarian: Simple Meatless Recipes For Great Food By Mark Bittman* as one of your compilations. However, not the compilation to present in your bookshelves. This is a precious book to be reading compilation.