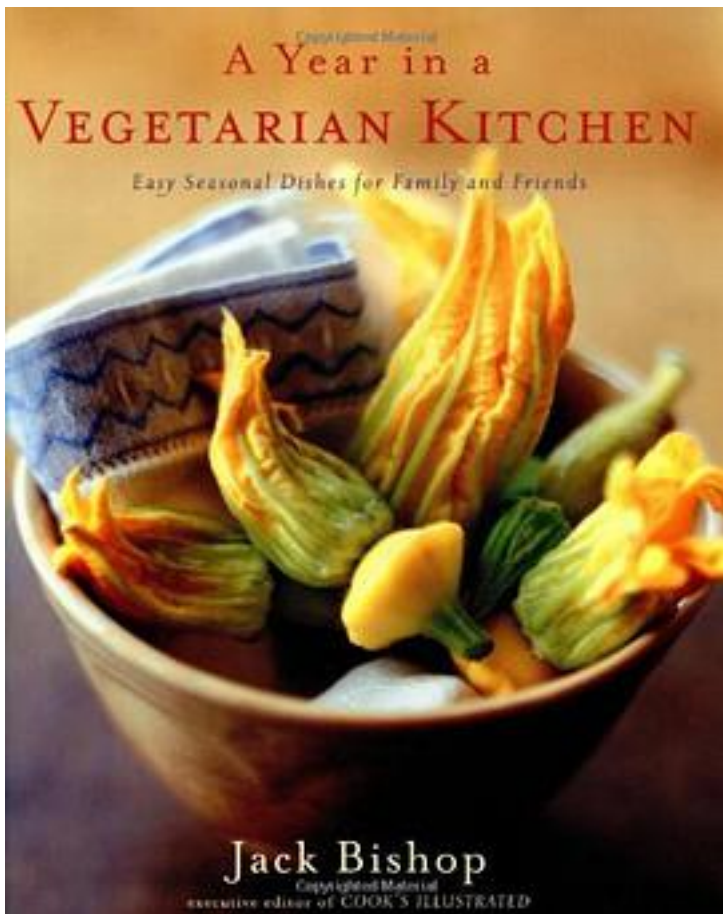


A Year in a Vegetarian Kitchen



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Jack Bishop's commitment to simplicity and his talent for fine-tuning recipes so they work perfectly in real time make his books favorites among vegetarians and occasional vegetarians alike. As a busy husband, father of two young children, cookbook author, magazine and book editor, and head cook for his family, Bishop demands a lot from

the meals that make it into his repertoire. They must be convenient dishes that he can prepare at the end of a day in an hour or less with readily available ingredients. They must satisfy his and his wife's discriminating palates. And last, but emphatically not least, they have to pass muster with his five- and nine-year-old daughters. In *A Year in a Vegetarian Kitchen*, Bishop guides you through the seasons with 248 of his favorite everyday recipes, which deliciously embody his philosophy of "shop locally, cook globally, and keep things easy." Cooking with seasonal produce, he says, is the best way to bring a welcome variety to the table. In spring, dinner might be Soft Tacos with Garlicky Greens or Stir-Fried Rice Noodles with Asparagus and Eggs, perhaps with a side of Sugar-Snap Peas with Fried Ginger. Summer brings Savory Corn Griddle Cakes or Fresh Tomato Pizza with Avocado. For fall, Root Vegetable Tarts with Rosemary or Orecchiette with Spicy Broccoli is on the menu. And in winter, when farmers' markets are a distant memory in most parts of the country, there are dozens of flavorful choices, including Pan-Glazed Tofu with Thai Red Curry Sauce, Caribbean Black Beans with Sautéed Plantains, and Grilled Cheese Sandwiches with Mushrooms. In concise sidebars that accompany each recipe, Bishop shares tips gleaned from his ten years' experience at *Cook's Illustrated*, covering everything from choosing a good vegetable broth to picking the best potatoes for mashing to mastering the secrets of successful stir-frying.

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