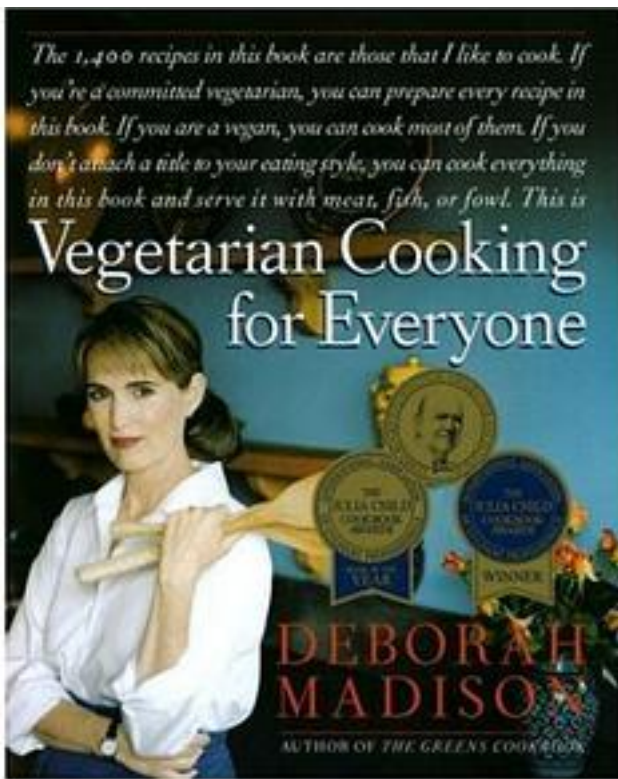


Vegetarian Cooking for Everyone



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著者:Madison, Deborah

出版者:Bantam Dell Pub Group

出版时间:2007-11

装帧:HRD

isbn:9780767927475

The tenth anniversary edition of this landmark cookbook, with more than 325,000 copies in print, includes a new introduction from Deborah Madison, America's leading authority on vegetarian cooking.

What Julia Child is to French cooking, Deborah Madison is to vegetarian cooking—a demystifier and definitive guide to the subject. After her many years as a teacher and writer, she realized that there was no comprehensive primer for vegetarian cooking, no

single book that taught vegetarians basic cooking techniques, how to combine ingredients, and how to present vegetarian dishes with style. Vegetarian Cooking for Everyone teaches readers how to build flavor into vegetable dishes, how to develop vegetable stocks, and how to choose, care for, and cook the many vegetables available to cooks today. Vegetarian Cooking for Everyone is in every way Deborah Madison's magnum opus, featuring 1,400 recipes suitable for committed vegetarians, vegans (in most cases), and everyone else who loves good food. For nonvegetarians, the recipes can be served alongside meat, fish, or fowl and incorporated into a truly contemporary style of eating that emphasizes vegetables and fruits for health and well-being.

Vegetarian Cooking for Everyone is the most comprehensive vegetarian cookbook ever published. The recipes, which range from appetizers to desserts, are colorful and imaginative as well as familiar and comforting. Madison introduces readers to innovative main course salads; warm and cold soups; vegetable braises and cobblers; golden-crust gratins; Italian favorites like pasta, polenta, pizza, and risotto; savory tarts and galettes; grilled sandwiches and quesadillas; and creative dishes using grains and heirloom beans. At the heart of the book is the A-to-Z vegetable chapter, which describes the unique personalities of readily available vegetables, the sauces and seasonings that best complement them, and the simplest ways to prepare them.

“Becoming a Cook” teaches cooking basics, from holding a knife to planning a menu, and “Foundations of Flavor” discusses how to use sauces, herbs, spices, oils, and vinegars to add flavor and character to meatless dishes. In each chapter, the recipes range from those suitable for everyday dining to dishes for special occasions. And through it all, Madison presents a philosophy of cooking that is both practical and inspiring.

Despite its focus on meatless cooking, Vegetarian Cooking for Everyone is not just for vegetarians—it's for everyone interested in learning how to cook vegetables creatively, healthfully, and passionately. The recipes are remarkably straightforward, using easy-to-find ingredients in inspiring combinations. Some are simple, others more complex, but all are written with an eye toward the seasonality of produce. Madison's joyful and free-spirited approach to cooking will send you into the kitchen with confidence and enthusiasm. Whether you are a kitchen novice or an experienced cook, this wonderful cookbook has something for everyone.

作者介绍:

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