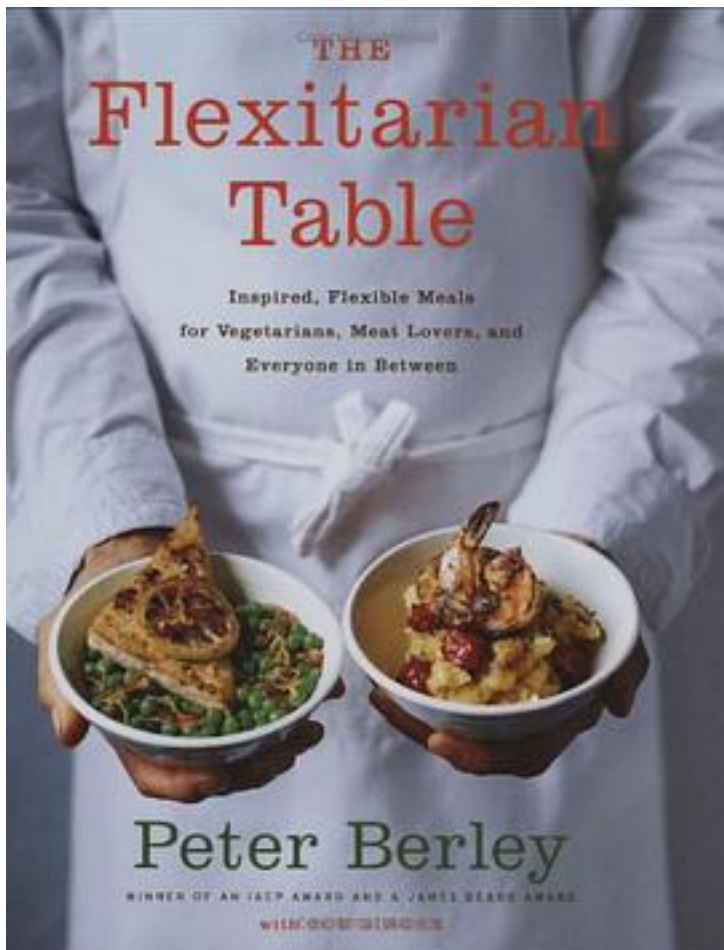


# The Flexitarian Table



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著者:Berley, Peter/ Singer, Zoe/ Bacon, Quentin (PHT)

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Today a single family can include staunch vegetarians as well as passionate meat lovers. When company shows up, the situation gets even more complicated. How can you satisfy them all without making two (or three) completely different meals? In The

Flexitarian Table, the award-winning author Peter Berley presents menus that are flexible, exciting, relaxing to prepare -- and that make everyone feel welcome. With The Flexitarian Table, you'll no longer treat vegetarians as afterthoughts by offering them a couple of scanty side dishes, and you'll be able to indulge meat eaters at the same time with abundant, satisfying dishes. You'll learn how to prepare vegetarian and meat versions simultaneously without going to any extra trouble. Roast a succulent, crisp chicken with lemon and thyme -- and make a tofu version in just minutes. Put some meaty portobello mushroom caps on the grill and, for the carnivore contingent, throw on a steak, then pair them both with a zesty bread crumb salsa. Simmer white beans with carrot and celery and saute some shrimp, drizzling each with the same rich brown butter sauce with fresh herbs. You'll find many sumptuous vegetarian dishes as well, including cannelloni with ricotta, Parmesan, and mint or a hearty lasagna with roasted fall vegetables in a sage-scented cheese sauce. Or serve up a selection of easy little dishes and let your guests choose. You'll get plenty of ideas for get-dinner-quick meals such as winter tomato soup with goat cheese crostini and Spanish-style fried eggs, and for luxurious weekend fare try cumin-spiced lamb croquettes and falafel, served with two traditional Middle Eastern sauces and whole wheat pita bread. The Flexitarian Table also shows you how to cook with the seasons so you get the most flavor from your ingredients while you enjoy varied, sustainable meals year-round.

作者介绍:

目录:

[The Flexitarian Table\\_下载链接1](#)

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