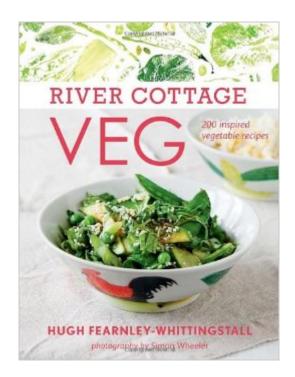
The book was found

River Cottage Veg: 200 Inspired Vegetable Recipes





Synopsis

A comprehensive collection of 200+ recipes that embrace vegetarian cuisine as the centerpiece of a meal, from the leading food authority behind the critically acclaimed River Cottage series.Pioneering champion of sustainable foods Hugh Fearnley-Whittingstall embraces all manner of vegetables in his latest cookbook, an inventive offering of more than two hundred vegetable-based recipes, including more than sixty vegan recipes. Having undergone a revolution in his personal eating habits, Fearnley-Whittingstall changed his culinary focus from meat to vegetables, and now passionately shares the joys of vegetable-centric food with recipes such as Kale and Mushroom Lasagna; Herby, Peanutty, Noodly Salad; and Winter Stir-Fry with Chinese Five-Spice. Â In this lavishly illustrated cookbook, youâ ™II find handy weeknight one-pot meals, pure and simple raw dishes, and hearty salads as well as a chapter of meze and tapas dishes to mix and match. A genuine love of vegetablesâ "from delicate springtime asparagus to wintry root vegetablesâ "permeates River Cottage Veg, making this book an inspiring new source for committed vegetarians and any conscientious cook looking to expand their vegetable repertoire.

Book Information

Hardcover: 416 pages Publisher: Ten Speed Press; 1 edition (May 14, 2013) Language: English ISBN-10: 1607744724 ISBN-13: 978-1607744726 Product Dimensions: 7.8 x 1.5 x 9.9 inches Shipping Weight: 3.2 pounds (View shipping rates and policies) Average Customer Review: 4.8 out of 5 stars Â See all reviews (124 customer reviews) Best Sellers Rank: #59,247 in Books (See Top 100 in Books) #81 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #107 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #126 in Books > Cookbooks, Food & Wine > Celebrities & TV Shows

Customer Reviews

I've loved Hugh Fearnley-Whittingstall's books ever since I got my hands on The River Cottage Meat Book, because it is informative, engaging, and has outstanding recipes. In this cookbook, the author tackles the other end of the food chain -- vegetables. This is not a contradiction because he aims to help us eat well, no matter what we're eating. And do you know anyone who is in health danger from eating too many vegetables? While many of these recipes could use meat ingredients (chicken stock vs. veg stock, for instance, or add a bit of chopped bacon) there isn't a speck of meat in the book. That makes River Cottage Veg very friendly to vegetarians (and those who cook for them). It isn't strictly vegan, by any means, but a high percentage do quality for that label too, and an entire chapter is given over to raw foods. Whatever the category, however, the recipes are simply fabulous. The author manages to find the sweet spot between "simple to make" and "Oh, that sounds yummy!" I've made several of them already, and I have little stickers fluttering to mark the pages of the recipes I intend to try next. Among the winners: artichoke and white bean dip (blitzed in the food processor in a few minutes; next time I'll grab endive as a dipper); lentil salad in several variations (5 minutes work from "I'm hungry!" to "lunch is ready!" now that I found I can buy pre-cooked lentils); and the best damned oven-roasted ratatouille I've ever made (since it goes in the oven, it doesn't even make a mess of the kitchen).

Download to continue reading...

River Cottage Veg: 200 Inspired Vegetable Recipes Saving the Family Cottage: A Guide to Succession Planning for Your Cottage, Cabin, Camp or Vacation Home My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets ... (Vegetable Spiralizer Cookbooks) (Volume 4) Timber Press Guide to Vegetable Gardening in the Southwest (Regional Vegetable Gardening Series) Vegetable Gardening 101: How to Plant and Grow a Beautiful, Organic Vegetable Garden The River Cottage Curing and Smoking Handbook The River Cottage Bread Handbook The River Cottage Meat Book Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel The Tasha Tudor Cookbook: Recipes and Reminiscences from Corgi Cottage Domine el Ingl $\tilde{A}f\hat{A}$ s en 12 Temas. Libro Segundo: M $\tilde{A}f\hat{A}$ s de 200 palabras y expresiones de nivel intermedio explicadas: [Master English in 12 Topics. Book Two: Over 200 intermediate words and expressions explained] CCNA Routing and Switching Portable Command Guide (ICND1 100-105, ICND2 200-105, and CCNA 200-125) CCNA Routing and Switching Complete Study Guide: Exam 100-105, Exam 200-105, Exam 200-125 Zentangle Inspired Art: A Beginners Guide to Zentangle Art and Zentangle Inspired Art and Craft Projects River of Dreams: the Story of the Hudson River River of Love in an Age of Pollution: The Yamuna River of Northern India A Treasury of Mississippi River Folklore Stories, Ballads, Traditions and Folkways of the Mid-American River Country Fishes of the Middle Savannah River Basin: With Emphasis on the Savannah River Site Streams to the River, River to the Sea AMC River Guide New Hampshire/Vermont (AMC River Guide Series)

<u>Dmca</u>