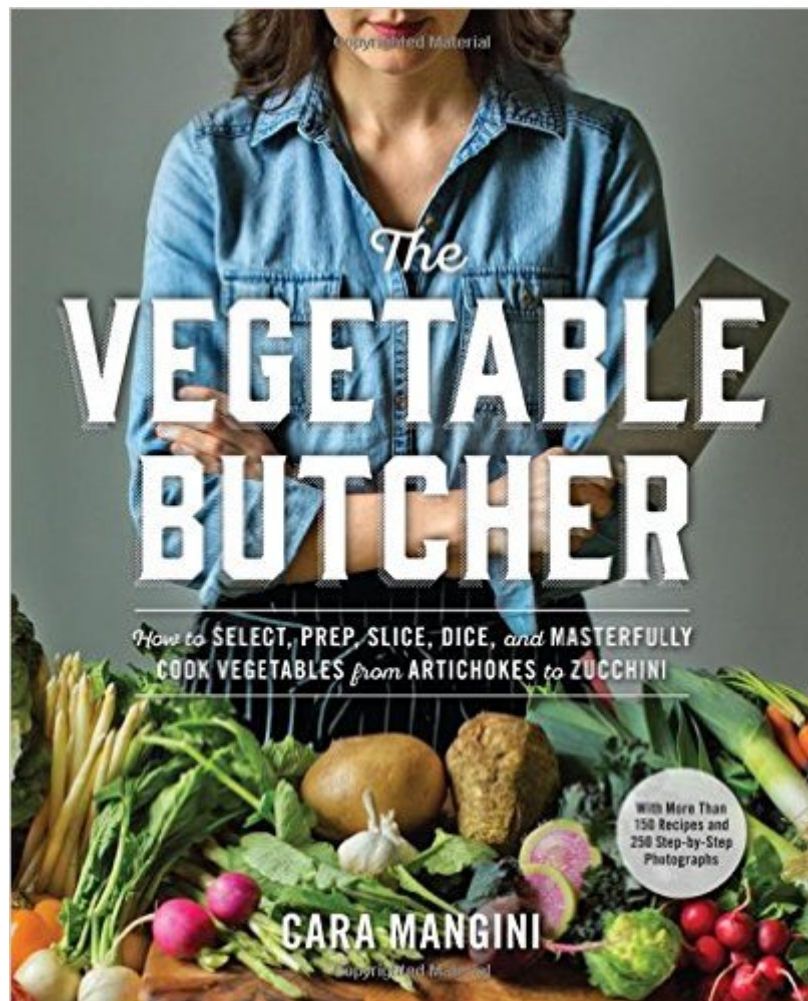


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# The Vegetable Butcher: How To Select, Prep, Slice, Dice, And Masterfully Cook Vegetables From Artichokes To Zucchini



## Synopsis

The skills of butchery meet the world of fresh produce in this essential, inspiring guide that demystifies the world of vegetables. In step-by-step photographs, *the vegetable butcher* • Cara Mangini shows how to break down a butternut squash, cut a cauliflower into steaks, peel a tomato properly, chiffonade kale, turn carrots into coins and parsnips into matchsticks, and find the meaty heart of an artichoke. Additionally, more than 150 original, simple recipes put vegetables front and center, from a Kohlrabi Carpaccio to Zucchini, Sweet Corn, and Basil Penne, to a Parsnip-Ginger Layer Cake to sweeten a winter meal. It's everything you need to know to get the best out of modern, sexy, and extraordinarily delicious vegetables.

## Book Information

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## Customer Reviews

The Vegetable Butcher is a user-friendly, beautifully presented, and thorough reference on vegetables (and some fruit 'vegetables' such as tomatoes). From selection to varieties, preparation and then cooking tips, followed by recipes, this is a nice one-stop shop on a subject rarely covered in such detail. Of note, however, that only 1 in every 5 recipe has an image and most of the recipes have no introduction to tell about presentation, flavor, or even if it is an entree or side dish. The strength of the book is clearly as a reference rather than a recipe book. The book breaks down as follows: Butchery basics (including care of knives) and pantry support (what else you'll want to have ready). Then an alphabetical presentation of the vegetables, starting with artichokes and arugula and ending with winter squash and zucchini. An index at the end includes recipes by season and

type and an index. Each vegetable has a photographed picture intro page (perhaps more useful as a pretty graphic than necessarily identifying varieties of that item). The intro page includes a short write up, best season info, partner foods, varieties, selection, and storage. Because each vegetable only has 2 large images (1 from one of the recipes and this intro page), the intro pages are easy to find for referencing. Although the intro pages are a bit graphic-designy busy (so you have to search for info in the paragraph block design elements), there is a lot of great information contained within. After the intro page comes the instructions on preparing (butchering) the vegetables. Nearly all instruction pages have small photographs to accompany the directions and notes about particularities of that vegetable.

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