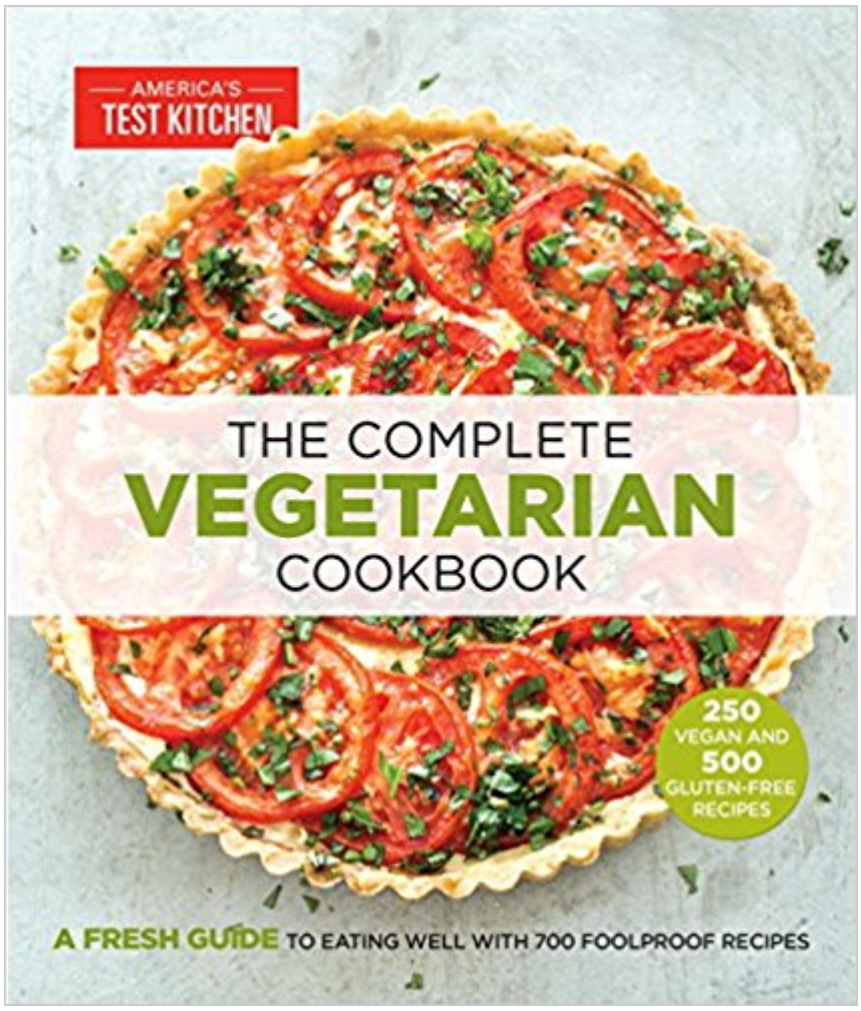
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The Complete Vegetarian Cookbook: A Fresh Guide To Eating Well With 700 Foolproof Recipes



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Synopsis

Best-Selling vegetarian cookbook destined to become a classic. Everyone knows they should eat more vegetables and grains, but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today.Ã Â The Complete Vegetarian CookbookÃ Â is a wide-ranging collection of boldly flavorful vegetarian recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads. More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons on the pages. The book contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep and tricky techniques as well as key steps within recipes.

Book Information

Paperback: 472 pages

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Average Customer Review: 4.6 out of 5 stars 614 customer reviews

Best Sellers Rank: #2,466 in Books (See Top 100 in Books) #2 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #12 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #21 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

AmericaÃ¢â ¬â„¢s Test Kitchen is well-known for its top-rated television shows with more than 4 million weekly public television viewers, bestselling cookbooks, magazines, websites, and cooking school. The highly reputable and recognizable brands of AmericaÃ¢â ¬â„¢s Test Kitchen, CookÃ¢â ¬â„¢s Illustrated, and CookÃ¢â ¬â„¢s Country are the work of over 60 passionate chefs based in Boston, Massachusetts, who put ingredients, cookware, equipment, and recipes through objective, rigorous testing to identify the very best. Discover, learn, and expand your cooking

repertoire with Julia Collin Davison, Bridget Lancaster, Jack Bishop, Dan Souza, Lisa McManus, Tucker Shaw, Bryan Roof, and our fabulous team of test cooks!

I love to shop on , but it can be a risk to order a brand new cookbook without having a physical copy to browse first. I am an America's Test Kitchen fan and have many of their cookbooks, so I am basically comparing this new cookbook to others by them that I have.****The book itself: quite heavy for one of their paperback cookbooks. It's got to be at least as heavy as the many of the hardcovers. The binding isn't that great. Although I am super gentle with my cookbooks, I anticipate that this one will have a crack down the spine.Ã Â Ã Â It's about 450 pages and I don't see any full-page pictures, most are a quarter page or so. Its layout is standard America's Test Kitchen style, with sidebars and boxes that highlight certain techniques and ingredients.This book is divided into eleven chapters:Chapter 1--Hearty Vegetable MainsChapter 2--Soups, Stews, and ChilisChapter 3--Pasta, Noodles, and DumplingsChapter 4--Rice and GrainsChapter 5--Beans and SoyChapter 6--Salads Big and SmallChapter 7--Vegetable SidesChapter 8--Savory Flatbreads, Pizzas, Tarts, and MoreChapter 9--Sandwiches, Wraps, Burgers, and MoreChapter 10--Eggs for Breakfast and DinnerChapter 11--Small Bites and Savory SnacksNote: The cover states that of the 700 recipes, 250 are vegan and 500 are gluten-free. At the beginning of each chapter, the recipes are listed and identified as vegan, gluten-free or fast (less than 45 minutes from start to finish.) Just scanning through the recipe lists, I see some repeats from other cookbooks in each chapter as well as ones that I don't recognize.****What I don't like about this cookbook:--Each recipe begins with a small "Why this recipe works" paragraph. I will confess that I love the long articles written by the recipe developers that are included in the annual ATK editions. The little blurbs at the beginning are disappointing to me. I am not a super chef, so I enjoy reading how the recipe was tested. Then I read through the whole recipe. For me, it is kind of like mental imagery that an athlete might do. So by the time I have gone through all that, I feel as if I'm prepared to cook the recipe. I don't enjoy this mini description as much.--Many of the recipes sound too adventurous for me (Homemade Tofu, Israeli Couscous with Carmelized Fennel and Spinach, Black-Eyed Pea Salad with Peaches and Pecans). Some people may enjoy these kind of recipes, but I will probably never attempt them. NOTE: this is why I gave the cookbook only four stars.****What I like about this book:--I feel like I can count on ATK to deliver a consistent, reliable finished recipe. They have taste-tested and honed the recipe to what they believe is the best it can be. I may not always think a recipe sounds great, but the ones that do sound great to me, usually turn out tasting great to me, too.--This cookbook includes plenty of helpful sidebars, which I always enjoy going through. The beginning includes a

section about prepping vegetables--very handy for people who haven't learned all that yet. (i.e., I had never bought or prepared bok choy until I made a recipe from this cookbook, and the vegetable guide was quite useful to me.)--I have read complaints about other ATK indices, so to briefly test the index in the back, I looked for "Garlic Mashed Potatoes" under Garlic, Mashed and Potatoes and was able to see an entry for the recipe under each of them.UPDATE: So far I have tried: smashed potatoes, quinoa and vegetable stew, avocado toast with fried egg, curry-yogurt sauce with cilantro for steamed or roasted veggies, cranberry-orange overnight steel-cut oatmeal, and coconut-rice with bok choy and lime. They all turned out well, with the exception of the curry-yogurt sauce. However, I did use a brand of yogurt that I hate--I think it ruined the whole thing. Lesson learned. My family's favorite so far was the Coconut Rice with Bok Choy and Lime, which I served with chicken breast in Trader Joe's Thai Green Curry Simmer Sauce.I will update as I cook through the recipes further!

I had read the reviews regarding the cheap binding on this cookbook, so I wasn't surprised to find the cover had separated from the book before I had even a removed it from the shipping package. But it was a simple task to run to the copy center to remove the spine and have the book spiral bound for $4.00. Cookbooks should be spiral-bound anyway to allow them to lay flat when you're using them. I love the recipes and all the hints in this cookbook, definitely worth the effort.

I'm in a mixed marriage ... my husband eats meat, and I'm a vegetarian. We both love America's Test Kitchen and subscribe to Cook's Illustrated, but I've always had to cherry pick the vegetarian recipes among all the (delicious sounding!) carnivorous recipes. We have yet to find a dud among any of the recipes we've tried. I am THRILLED that they have finally created a cookbook that we can both enjoy in its entirety! The recipes are flavorful and reliable enough that he doesn't mind the missing meat (that much...).Some of the recipes are from the magazine or other cookbooks, but there seems to be many, many new ones. Some of my favorite recipes we've made in the past included in the cookbook are the Chickpea Cakes (SO tasty), Lentils, Rice, and Crispy Onions (Mujaddara), Wild Rice and Mushroom Soup, and Farmhouse Vegetable and Barley Soup. The concentrated Vegetable Broth Base has changed the way we cook ... we can make a batch ahead of time and freeze it. We scoop it out by the tablespoon (it doesn't freeze solid) and add it to soup instead of buying canned vegetable broth.Some of the recipes I'm really excited to try are the Lavash with Spinach, Tomatoes, and Olives, Sizzling Saigon Crepes (Bahn Xeo), Pupusas with Tangy Cabbage Slaw, and every single one of the soups and stews. I'm also looking forward to trying their recipe for a vegetarian version of fish sauce (and for using it to make their Pad Thai

recipe!).The index is color coded to indicate gluten free, vegan, and "fast" recipes (45 minutes or less). I wish that the recipes had nutritional information, but that's never been a huge emphasis in any the Test Kitchen's products! I love that there isn't any "filler." A lot of vegetarian cookbooks will include recipes for breads, desserts, and other things that will almost always be vegetarian. This cookbook focuses primarily on main dishes, with a few sides, salads, and snacks. I can't wait to find new favorites!

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