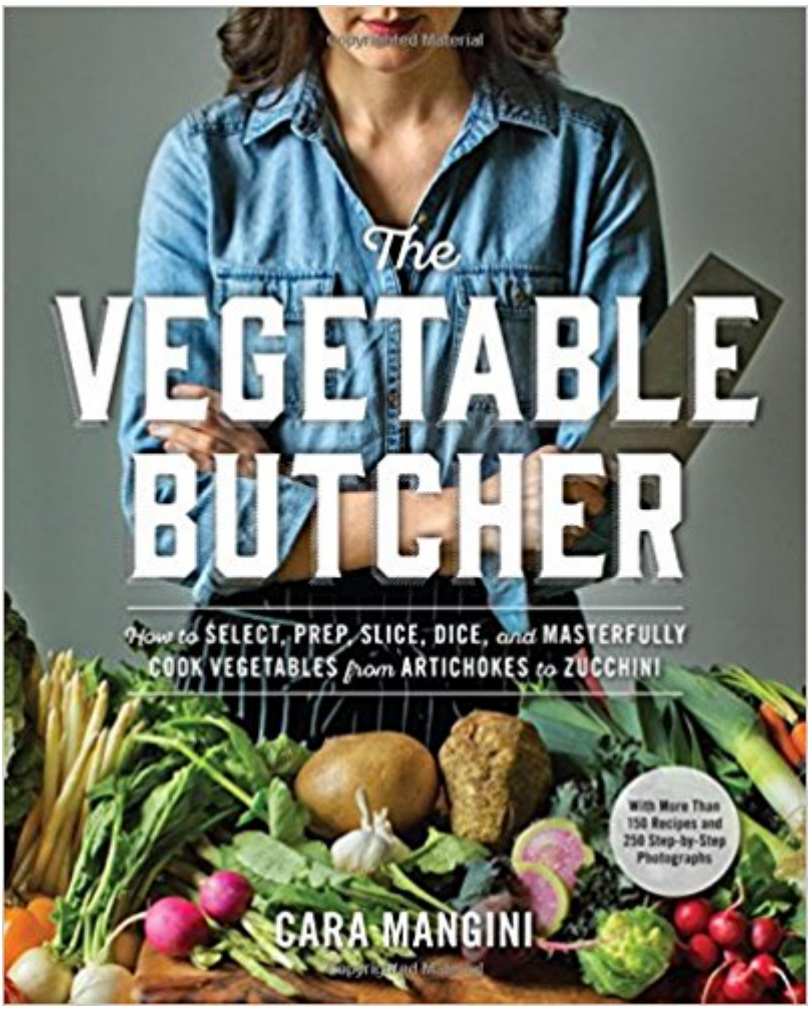
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The Vegetable Butcher: How To Select, Prep, Slice, Dice, And Masterfully Cook Vegetables From Artichokes To Zucchini



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Synopsis

Winner, IACP Cookbook Awards for Single Subject and People's Choice. 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, Ã¢â ¬Å“vegetable butcherÃ¢â ¬Â• 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. ItÃ¢â ¬â„¢s everything you need to know to get the best out of modern, sexy, and extraordinarily delicious vegetables. Ã Â

Book Information

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Customer Reviews

Ã¢â ¬Å“The book is loaded with photos and is smartly designed. Readers will come away with plenty of new techniques and tips for breaking down artichokes, conquering the fear of prepping nettles (gloves, tongs, and kitchen shears are a must) in order to prepare nettle pesto and ricotta crostini, and prepping beets.Ã¢â ¬Â• Ã¢â ¬â •Publishers Weekly Ã¢â ¬Å“For cooks flummoxed by fava beans or perplexed by purslane, Mangini (once a "vegetable butcher" at Eataly, an Italian marketplace in New York City) demonstrates the essentials of cutting and preparing more than 50 kinds of vegetables and herbsÃ¢â ¬Â|Blending practical aspects found in such manuals as Jacque PepinÃ¢â ¬â„¢s New Complete Techniques with the varied recipes familiar to titles such as Michael

AnthonyÃ¢â ¬â„¢s V Is for Vegetables, ManginiÃ¢â ¬â„¢s debut will augment most vegetable cooking collections.Ã¢â ¬Â• Ã¢â ¬â •Library Journal Ã¢â ¬Å“People get so flustered by vegetables that I think it's best to start with the basics, and The Vegetable Butcher is a butchery bible and vegetable boot camp all in one. If you ever wanted to know how to slaughter a squash or eviscerate an eggplant, here's where you start.Ã¢â ¬Â• Ã¢â ¬â •Amanda Cohen, chef and owner of Dirt Candy Ã¢â ¬Å“With step-by-step butchering instructions and a bunch of tasty recipes, The Vegetable Butcher demystifies a cornucopia of vegetables, including up-till-now esoteric ones like cardoons, crosnes, and stinging nettles. Hooray, more vegetables to play with!Ã¢â ¬Â• Ã¢â ¬â •Sara Moulton, TV host and author of Home Cooking 101Ã Â Ã¢â ¬Å“When things are done properly, they get easier. In The Vegetable Butcher, Cara Mangini shares simple recipes that highlight a vegetable's flavor, but more importantly, teaches you the properÃ¢â ¬Â¦way to slice, dice, and julienne it.Ã¢â ¬Â• Ã¢â ¬â •Epicurious Ã¢â ¬Å“Chef Cara ManginiÃ¢â ¬â„¢s forthcoming book, The Vegetable Butcher, is nothing short of a veg-o-pedia. ItÃ¢â ¬â„¢s packed with tips for buying the best stuff, plus a haul of killer recipes and step-by-step instructions for slicing and dicing everything from artichokes to zucchini.Ã¢â ¬Â• Ã¢â ¬â •Dr. Oz THE GOOD LIFE Ã¢â ¬Å“For someone new to cooking, this book will become a well-worn reference, while seasoned cooks may benefit from pieces on lesser-known produce, like crosnes and cardoons. All can enjoy the 150 recipes (mostly savory, but some sweet), which include some surprising yet effective cooking methods and intriguing flavor pairings.Ã¢â ¬Â• Ã¢â ¬â •Fine Cooking Ã¢â ¬Å“While most Americans view preparing produce as a tedious choresÃ¢â ¬â •and a barrier to cooking veggie-heavy mealsÃ¢â ¬â •chef Cara Mangini, who comes from a family of meat butchers, sees it as a pleasure. In her new book The Vegetable Butcher, Mangini shares the knife skills needed to break down a whole garden of vegetables efficiently enough for a weeknight dinner.Ã¢â ¬Â• Ã¢â ¬â •TIME magazine Ã¢â ¬Å“If you love vegetables, this book is a must-have!Ã¢â ¬Â• Ã¢â ¬â •Dorie Greenspan Ã¢â ¬Å“An encyclopedic guide to vegetables Ã¢â ¬Â¦ full of revelations.Ã¢â ¬Â• Ã¢â ¬â •The Washington Post Ã¢â ¬Å“It is THE guide for selecting, preparing, slicing, dicing and, of course, cooking all things vegetable.Ã¢â ¬Â• Ã¢â ¬â •The Chicago Tribune

CARA MANGINI was the first official Ã¢â ¬Å“vegetable butcherÃ¢â ¬Â• at Eataly in New York City. She is the owner and executive chef of Little Eater, a produce-inspired restaurant named by the Washington Post as Ã¢â ¬Å“one of the 50 best places in the world to eat your vegetables,Ã¢â ¬Â• and Little Eater Produce and Provisions, an associated local and artisanal foods boutique, in Columbus, Ohio, where she lives with her family.

This will be a fabulous addition to your cookbook collection, whether you're an omnivore, vegetarian or vegan. Cara Mangini does an excellent job explaining how to expertly handle a variety of common and less typical vegetables (e.g., cardoons, fiddlehead ferns and scorzonera). Each chapter lucidly outlines best seasons for buying a selected veggie, ingredients to accentuate its flavor and taste, varieties to try and storage tips. What Cara Mangini terms "butchery essentials" for each veggie featured in the book is accompanied by a number of photos, illustrating prepping techniques. Even if you've never handled a fresh artichoke in your entire life, fear not: the author's step-by-step instructions will propel you to the advanced level. I find the recipes themselves quite original - neither too fussy nor so simplistic that you feel you've wasted your money again on trite and cliched renditions of avocado toast (which we all love, but seriously, do you really need instructions for making one?). Some of the recipes that caught my attention include cardoon and fontina bread pudding; escarole and fuyu persimmon salad; honeyed eggplant and polenta cake; kohlrabi and cheddar strata; parsnip-ginger layer cake; daikon and mushroom miso soup; rutabaga and apple cardamom pie; as well as kabocha squash, adzuki bean and ginger-coconut curry. I've already made roasted sweet potatoes, sauteed chard and coconut black rice with toasted pine nuts (see the photo) and it was outstanding: flavorful, fresh and moreish.

The Vegetable Butcher by Cara Mangini intrigued me as soon as I heard the title: The Vegetable Butcher. That seemed a little silly. Do we really butcher vegetables?! But, I was instantly interested in reading it and bought it sight unseen. So, I guess it wasn't so silly after all.This book is a fantastic resource for vegetable veterans and those who are just getting acquainted with produce. She provides a visual guide to cutting vegetables, showing you how to cut matchsticks from conical vegetables, how to cut oblong slices from cylindrical vegetables, how to use a mandoline, and how to chiffonade leafy greens.She has organized the book alphabetically, starting with artichokes and arugula all the way through turnips and zucchini. Each vegetable has an informational page that tells readers when it's in season, what varieties to try, how to make your selections, which ingredients that are good partners, and how to store it. Then Mangini shows you how to butcher it and provides a handful of recipes for the vegetable.I have to admit that I squealed with glee when I saw her section on cardoons. I have rarely met anyone in America who cooks cardoons much less knows what they are.This cookbook already has a prominent place in my kitchen! And I look forward trying all of her recipes!

This lovely book contains a variety of recipes for a variety of cooks. It helps the beginner prep the vegetables, the regular cook to incorporate easy vegetable recipes into their repertoire, and gives the advanced chef fresh ideas on less familiar produce. I keep it in my kitchen as a go-to for weekly meal planning. The excitement for seasonal eating is evident and the recipes are easy to follow. I can't wait to gift the book to friends and family all year long. I hope to see more books by the author in the future!

Liked it so much I've sent copies to all of my kids.

This is a great book! Very nice photos, straight-forward, and includes all those vegetables that I've never known what to do with. I borrowed it from the library and then had to buy it for myself!

I've always gone past the vegetable isles looking at the veggies wondering, what is that and how would you even cook it? This book goes through every single vegetable and gives recipes too, and that's not all! You'll learn what to stock your pantry with for a quick go to recipe and you'll also learn about knives and which way to chop or cut a vegetable. This book is a must have for any new home and would make a great housewarming gift. I plan to order another copy for my daughter.

As a vegetarian I am proud to own this book. This is a beautiful book. I'm so excited to experiment with some vegetables that I have not tried yet. Thank you so much Cara.

Hands down one of the most beautiful, complete and insipiring cookbooks I've ever seen. Densily informative, yet organized in a clear and easy to follow format. I can not wait to eat my way through this gorgeous book! All hail Cara & vegetables!

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