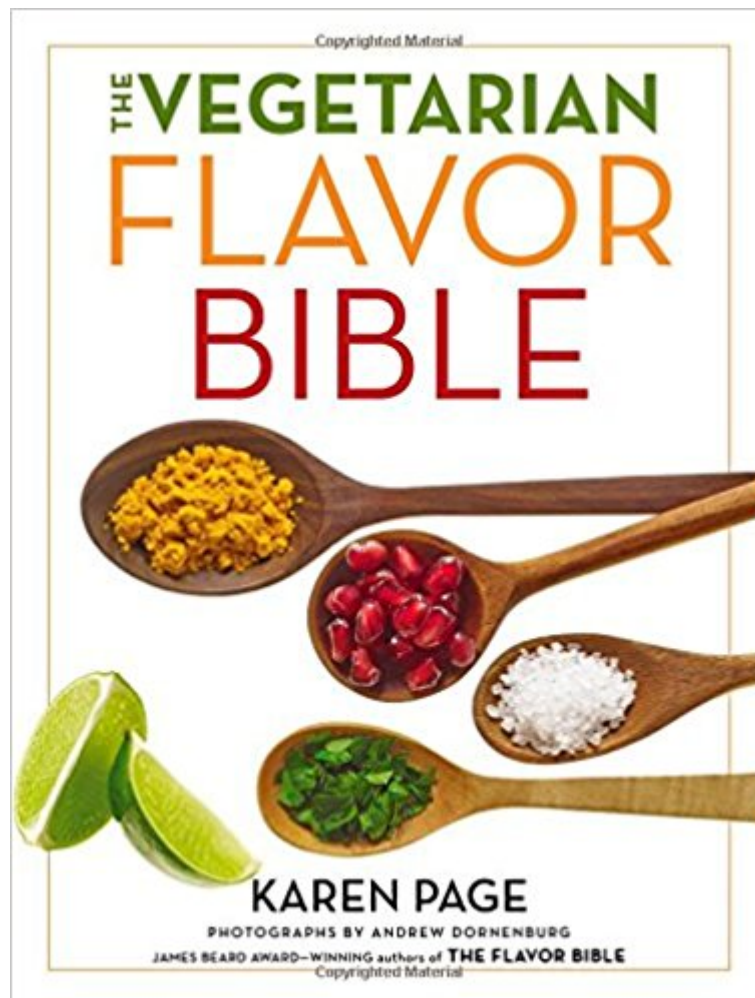




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The Vegetarian Flavor Bible: The Essential Guide To Culinary Creativity With Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, And More, Based On The Wisdom Of Leading American Chefs





Synopsis

Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new reason for doing so: maximizing flavor - which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from asparagus to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor Bible is the ideal reference for the way millions of people cook and eat today-- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine.

Customer Reviews

One of The Washington Post's "Best Cookbooks of 2014" One of Bloomberg's "The Season's Cookbook Hits" One of the Chicago Tribune's "10 Favorite Cookbooks of The Season" One of Chow.com's "10 New Fall Cookbooks We Love" One of the Detroit Free Press's "10 Favorite Cookbooks of the Season" One of Food & Wine Magazine's "Exceptional Cookbooks" of the Season One of The Globe & Mail's "20 Best Cookbooks of 2014" One of "Good Food" on KCRW/NPR's "Best Cookbooks of 2014" One of the Houston Chronicle's "10 Best Cookbooks" of the Season One of the Miami Herald's "10 Cookbook Treats Filled With Delectable Eats" One of the Pittsburgh Examiner's "Best Cookbooks to Give for 2014" Honorable Mention for Philadelphia Daily News' "Top 10 Vegan Cookbooks of 2014" Recommended in Foodista's 2014 Holiday Gift Guide Recommended in ManhattanUsersGuide.com's 2014 Holiday Gift Books Guide "Expansive, immersive, [and] innovative." •Leonard Lopate, host of "The Leonard Lopate Show" on WNYC, NYC's flagship NPR affiliate. "A new landmark cookbook" •Grant Butler, The Oregonian

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