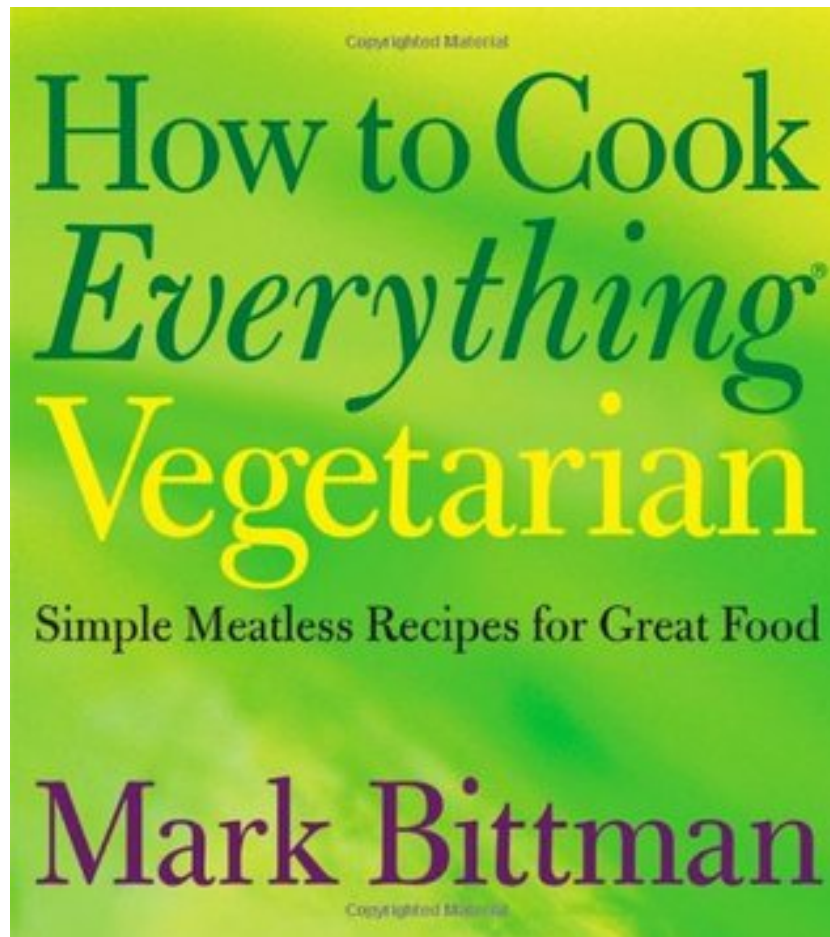


# How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food Book PDF Download



**By:**  
**Mark Bittman**

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## How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food Book PDF Summary -

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## What people Say:

### Jeanette "Astute Crabbist"

This is an amazingly comprehensive book! My two favorite things about it are: 1)The TRUE simplicity of many of the recipes. Just a handful of ingredients you have on hand and can throw together for something healthy and tasty.

2) Many of the recipes can easily be converted to vegan. He even gives variations of the main recipe that include vegan choices.

This book has something for everyone. It's an excellent reference manual for much more than recipes.

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This book has something for everyone. It's an excellent reference manual for much more than recipes.

It would be a fantastic gift for someone who doesn't know much about basic cooking techniques. The illustrations and instructions for these techniques are admirable.

### Anna Wanderer

This is one of the most useful cookbooks on my shelf. I use it several times a week and have not yet made anything that I didn't like. It has helped me try new foods with confidence.

## Carol

If I had to choose one vegetarian book to own or to give someone thinking about starting a vegetarian lifestyle, this would be it.

The title says it all!

## Â·KarenÂ·

Everything? EVERYTHING!

No luscious photographs, but useful illustrations of techniques. This is a reference work that assumes (quite rightly in our case) that you are prepared to make that little bit of effort and make your own tortellini, wonton skins, kombu dashi, chapatis - ooh and a recipe for dosas, luv'em, and even how to make cheese. But Bittman aims at those who are unfamiliar with basic cooking techniques too, with fine drawings that show what to do with a green pepper, or a tomato, for

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example. A little obvious perhaps, but invaluable when it comes to How to Deal with an Artichoke. This is the kind of cookbook that gives you confidence to experiment: the basic method is given and then suggestions for creative variations on a theme. This is perhaps what is essential for those of us who were brought up on a fairly traditional meat-and-two-veg diet; beyond dal I never had many ideas of what to do with legumes, or grains other than rice. And there is a whole section on salsas and dips and pickles to whizz up rapidly and add a bit of pizzazz to the palate.

I like his ethos. When writing of yoghurt: "I want whole milk, I want active cultures, and I want no thickeners. (But use low-fat if you must)" - he has an excellent section on bread making - "What you don't want is a bread machine" (too right you don't) - and takes away a lot of the mystique that surrounds yeast dough and bread making. As he says, you can produce very good bread straight away and get 90 per cent down the road to great bread in a season of bread making. "The last 10 per cent is the hardest, and, except for a couple of great home bakers I know, few of us make it there." And admits that he has not. Lucky for me then, that I have a tame great bread maker here at home and sourdough permanently lurking in the fridge.

There are plenty of ideas for the less ambitious or for those short of time, and there is a handy system that marks the recipes that are quick, that can be made ahead, that are vegan.

The only slight disadvantage to this kind of extremely tasty home-cooked vegetarian food is that it spoils you for going out for a meal. The only kind of restaurant I've ever been to where I would really prefer the veggie choice is Indian: otherwise the non-meat alternatives are often bland and unappealing. Maybe pizza, and some pasta dishes at the Italian. We're not dogmatically vegetarian, we just avoid meat as much as possible (and much is possible). But most non-veggie restaurants here tend to just pay lip service to those who would rather not eat the flesh of dead animals, and offer a melee of over-cooked vegetables with cheese sauce from a packet over the top. Or you can have the salad, madame, we can serve it without the shredded ham. So then all that's left is tasteless iceberg and a bit of woolly tomato. But if we give in and have the meat or fish, then there's no incentive for the restaurants to improve the alternatives, is there?

## Inder

This a great basic cookbook!

My only issue is whether I need this giant tome in ADDITION to Deborah Madison's Vegetarian Cooking for Everyone. There's a lot of overlap, and the answer is probably no. I prefer Deborah Madison's format and style slightly, but the books are similar in many ways. The clincher: I already own Deborah Madison's book.

Still, I could totally see living out of this book, much as I already do with Deborah Madison. This is a great resource for old and new vegetarians alike,

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Still, I could totally see living out of this book, much as I already do with Deborah Madison. This is a great resource for old and new vegetarians alike, or for meat eaters who eat vegetarian sometimes (which is to say, everyone). If you like this better than Vegetarian Cooking for Everyone, I won't blame you.

I have limited cookbook real estate - my cookbook corner is already precariously piled high. So even though this is a more useful tome than Patricia Well's Vegetable Harvest, I might buy the latter instead of this one, because it's less basic and more fancy, and thus fits in a slightly different niche.