



How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food

By Mark Bittman

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The ultimate one-stop vegetarian cookbook—from the author of the classic *How to Cook Everything*.

Hailed as "a more hip *Joy of Cooking*" by the Washington Post, Mark Bittman's award-winning book *How to Cook Everything* has become the bible for a new generation of home cooks, and the series has more than 1 million copies in print. Now, with *How to Cook Everything: Vegetarian*, Bittman has written the definitive guide to meatless meals—a book that will appeal to everyone who wants to cook simple but delicious meatless dishes, from health-conscious omnivores to passionate vegetarians.

How to Cook Everything: Vegetarian includes more than 2,000 recipes and variations—far more than any other vegetarian cookbook. As always, Bittman's recipes are refreshingly straightforward, resolutely unfussy, and unfailingly delicious—producing dishes that home cooks can prepare with ease and serve with confidence. The book covers the whole spectrum of meatless cooking—including salads, soups, eggs and dairy, vegetables and fruit, pasta, grains, legumes, tofu and other meat substitutes, breads, condiments, desserts, and beverages. Special icons identify recipes that can be made in 30 minutes or less and in advance, as well as those that are vegan. Illustrated throughout with handsome line illustrations and brimming with Bittman's lucid, opinionated advice on everything from selecting vegetables to preparing pad Thai, *How to Cook Everything: Vegetarian* truly makes meatless cooking more accessible than ever.

Praise for *How to Cook Everything Vegetarian*:

"Mark Bittman's category lock on definitive, massive food tomes continues with this well-thought-out ode to the garden and beyond. Combining deep research, tasty information, and delicious easy-to-cook recipes is Mark's forte and everything I want to cook is in here, from chickpea fries to cheese soufflés."—Mario Batali, chef, author, and entrepreneur

"How do you make an avid meat eater (like me) fall in love with vegetarian cooking? Make Mark Bittman's *How to Cook Everything Vegetarian* part of your

culinary library."—Bobby Flay, chef/owner of Mesa Grill and Bar Americain and author of the *Mesa Grill Cookbook*

"Recipes that taste this good aren't supposed to be so healthy. Mark Bittman makes being a vegetarian fun."—Dr. Mehmet Oz, Professor of Surgery, New York-Presbyterian/Columbia Medical Center and coauthor of *You: The Owner's Manual*

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How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food By Mark Bittman Bibliography

- Sales Rank: #7138 in Books
- Brand: HOUGHTON MIFFLIN HARCOURT
- Published on: 2007-09-28

- Released on: 2007-10-15
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 2.25" w x 8.00" l, 4.36 pounds
- Binding: Hardcover
- 1008 pages

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Editorial Review

Amazon.com Review

Author of a dozen bestselling cookbooks and beloved columnist for *The New York Times* ("The Minimalist"), Chef Mark Bittman bookends his award-winning modern classic, *How to Cook Everything*, with *How to Cook Everything: Vegetarian* the ultimate one-stop resource for meatless meals. Refreshingly straightforward and filled with illustrated recipes, this is a book that puts vegetarian cuisine within the reach of every home cook. You'll want to spend countless days in the kitchen with Bittman's latest culinary treasure.

Recipe Excerpts from *How to Cook Everything Vegetarian*

- Spinach with Chiles
- Chickpea Fries (*Panelle*)
- Braised Tofu with Eggplant and Shiitakes
- Amazon-Exclusive Crunchy Corn Guacamole

5 Questions for Mark Bittman



Q: What motivated you to write a comprehensive cookbook of vegetarian recipes right now?

A: What motivated me--several years ago--was seeing the handwriting on the wall: That although being a principled, all-or-nothing vegetarian was not a course of action that would ever likely inspire the majority of Americans, the days of all-meat-all-the-time (or, to be slightly less extreme, of a diet heavily dependent on meat) could not go on. Averaging a consumption of two pounds a week or more of meat (as Americans do) is not sustainable, either for the earth or our planet. And, as more and more of us realize this, I thought it was important to develop a cookbook along the lines of *How to Cook Everything*, but without meat, fish, or poultry. Needless to say, there's plenty of material.

Q: In the course of writing *How to Cook Everything Vegetarian* did your approach to food shopping, cooking or dining change significantly?

A: Completely. The more I tried new ways of cooking with vegetables, whole grains, and legumes, the more I enjoyed them. I probably eat sixty or seventy percent fewer animal products than I did three years ago.

Q: Because meatless cooking isn't limited to a single cuisine, your recipes introduce the flavors and techniques of many different cultures and cuisines. How did you manage to cover so much ground? Seems like a daunting task.

A: It's what I do.

Q: Out of the more than 2,000 recipes in the cookbook do you have a favorite dish or dessert that you turn to again and again?

A: No. There are hundreds I wish I could cook all the time, but one can only cook and eat so much. But in the last week, for example, I've made Fava Bean and Mint Salad with Asparagus; Lemon-Ricotta Pancakes; Cornbread Salad; and Red Lentils with Chaat Masala.

Q: Why is simplicity so important in cooking? What does the novice home cook need to know to cook and eat well?

A: Simplicity is only important because it's the way to learn to cook; it's very difficult to start cooking with complex dishes. For people to learn to cook, they must start simply--the way everyone used to cook. And, for most of us--including me--there's no reason to carry things much further. Even the simplest cooking is rewarding, enjoyable, and--obviously--the healthiest and best way to eat.

From Publishers Weekly

Starred Review. Marking how mainstream vegetarian cooking has become, the next must-have for the vegetarian cook's shelf comes from *New York Times* Minimalist chef Bittman, an avowed meat eater. And that ensures one of this massive compendium's many attractions: a wealth of recipes that don't scream vegetarian and plentiful guidelines to make cooking vegetarian as intuitive as cooking with meat. Like his now classic *How to Cook Everything*, this book opens with terrifically useful, straightforward discussions of essential ingredients, appliances and techniques, which Bittman builds on throughout in to-the-point sidebars and illustrated boxes. The recipes flow thick and fast in his theme-and-variations style: Green Tea with Udon Noodles is followed by concise instructions for making it 17 different ways, while Coconut Rice gets five additional takes and Kidney Beans with Apples and Sherry four; other lists (six Great Spreads for Bruschetta or Crostini, 10 Garnishes for Pozole with Mole) abound and inspire. New vegetarians and vegetarians cooking for omnivores will appreciate Bittman's avoidance of faux meat products in favor of flavorful high-protein dishes like Braised Tofu in Caramel Sauce and Bechamel Burgers with Nuts. Even owners of the original book will find much new to savor while benefiting from Bittman's remarkable ability to teach foundational skills and encourage innovation with them, which will help even longtime vegetarians freshen their repertory. (Oct.)

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Review

"Today a good general vegetarian cookbook ought to be de rigueur in any kitchen.... Mr. Bittman works hard to concentrate on accessible, nonesoteric cooking while introducing a big though nonprogrammatic range of international possibilities". (*Online New York Times Book Review*, December 12, 2007)

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