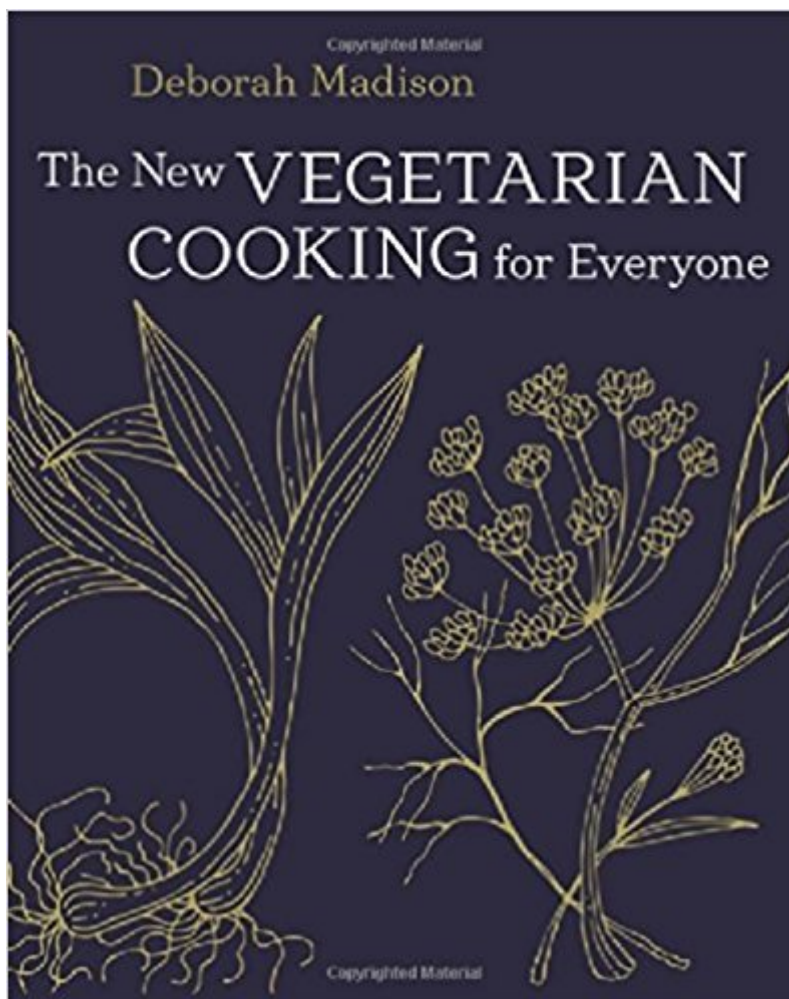




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The New Vegetarian Cooking For Everyone



Synopsis

A fully revised and expanded edition of the most comprehensive vegetarian cookbook ever published, with more than 400,000 copies in print, from America's leading authority on vegetarian cooking. What Julia Child is to French cooking, Deborah Madison is to vegetarian cooking--a demystifier and definitive guide to the subject. After her many years as a teacher and writer, she realized that there was no comprehensive primer for vegetarian cooking, no single book that taught vegetarians basic cooking techniques, how to combine ingredients, and how to present vegetarian dishes with style. Originally published in 1997, Deborah Madison's Vegetarian Cooking for Everyone was both ahead of its time and an instant classic. It has endured as one of the world's most popular vegetarian cookbooks, winning both a James Beard Foundation award and the IACP Julia Child Cookbook of the Year Award. Now, The New Vegetarian Cooking for Everyone picks up where that culinary legacy left off, with more than 1,600 classic and exquisitely simple recipes for home cooks, including a new introduction, more than 200 new recipes, and comprehensive, updated information on vegetarian and vegan ingredients. A treasure from a truly exceptional culinary voice, The New Vegetarian Cooking for Everyone is not just for vegetarians and vegans but for everyone interested in learning how to cook vegetables creatively, healthfully, and passionately.

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Customer Reviews

Tangerine Pudding Cake with Raspberry Coulis Usually a pudding cake is made with lemon, but

here the zest and juice of ultra-sweet tangerines assume the citrus role. The exact variety isn't crucial. I've used Pixie tangerines, which peak in mid-April, Satsumas, which arrive in November, and those that fall in between, such as Honeybell, Page, Dancy, and so forth. A pudding cake requires a water bath, so be sure you have a large enough baking dish to hold your custard cups. Serves 4-6

Ingredients:

- 3 eggs, separated
- 1/2 teaspoon salt
- 1/2 cup plus 2 tablespoons organic sugar
- 3 tablespoons unsalted butter, at room temperature
- 2 teaspoons finely grated tangerine zest
- 1 cup milk or light cream
- 1/2 cup tangerine juice (from 2 to 4 tangerines, depending on their size)
- 3 tablespoons all-purpose flour
- Raspberry Coulis (recipe follows)
- Softly whipped cream

Directions: Preheat the oven to 350° F. Lightly butter 4 custard cups or six smaller ramekins. Zest, then juice the tangerines. Put up a kettle of water to boil for the water bath. Whisk the egg whites with the salt on medium speed until foamy. Increase the speed and gradually add 2 tablespoons of the sugar and continue beating until the whites are thick and glossy. Scrape them into a large bowl. Rinse out the mixing bowl, wipe it dry, and return it to the mixer. Beat the butter with the remaining 1/2 cup sugar and tangerine zest until light and fluffy. Add the egg yolks one at a time. When well mixed, gradually pour in the milk and juice, then whisk in the flour. Pour the batter over the whites and fold together. Distribute among the custard cups, then put the cups in a larger baking pan and add boiling water to come halfway up the sides of the cups. Bake until the tops have risen, are golden, and spring back when pressed with a finger, about 30 minutes. Remove them from the water bath. Serve slightly warm or at room temperature, the coulis drizzled over the puddings and with a small cloud of whipped cream.

Raspberry Coulis:

- 3 tablespoons sugar
- 3 cups frozen organic, unsweetened raspberries
- 3 tablespoons orange Muscat wine or other sweet wine, optional
- 1 teaspoon fresh lemon or tangerine juice

Bring 1/2 cup water to a boil with the sugar, stir, and simmer until the sugar is dissolved. Add the raspberries, simmer for 1 minute, then turn off the heat and let stand for 5 minutes. Force the juice through the sieve with a rubber scraper. Stir in the wine and the lemon juice, adding more to taste if needed, then chill.

Edamame and Sesame Puree on Black Seaweed Crackers

Well, this pale green puree would be good on sesame crackers too but looks so great against the black seaweed crackers. This is one use of soybeans I like. Makes about 1 1/2 cups, enough for about 20 crackers.

- 1 1/2 cups shelled fresh or frozen edamame beans (not in the pods)
- Sea salt
- 1/2 teaspoon minced garlic
- 1/2 teaspoon toasted sesame oil
- 1 teaspoon or more to taste Meyer lemon juice
- 1/2 teaspoon toasted black sesame seeds

more if you're making crackers for a crowd

1 very thinly slivered green onion on the diagonal, for garnish

Bring a few cups of water to a boil. Add the edamame, a few pinches salt, and return to a simmer. Cook until they're done, about 4 minutes, then drain, but reserve at

least 1 cup of the cooking water. Put the edamame in a food processor with the garlic, ½ teaspoon salt, and 1 teaspoon sesame oil. Pulse to puree, adding the reserved cooking water as needed to make the mixture smooth and creamy, about ½ cup but possibly more. Add lemon juice to taste and check again for salt. Scrape the puree into a shallow bowl and run a knife back and forth over the top. Drizzle the remaining sesame oil over the top, then scatter over the sesame seeds and the green onions. Serve at room temperature with crackers, or mound the puree on each, add a few extra black sesame seeds and garnish with slivered green onion.

“This is my favorite reference for all things vegetable. Deborah offers us such breadth of cooking knowledge--more than 1,600 recipes! Each recipe has concise information, and conveys so much in just a few words. Even 20 years after its first publication *The New Vegetarian Cooking for Everyone* still feels fresh and vital, brimming with mouthwatering food and wise counsel.” —David Tanis author of *One Good Dish*

“Comprehensive doesn’t even begin to describe this all-encompassing classic of a book. Deborah Madison’s thoughtful and modern approach to cooking vegetables makes her a top authority on the subject, as well as a marvelous practitioner, crafting the most delicious dishes and exciting flavor combinations.” —Yotam Ottolenghi, author of *Jerusalem*

“More than any other, this is the book that gave me a foundation in the kitchen. It is the seminal book that, with each successful recipe I cooked, encouraged me to attempt another. And, it was the book that first outlined for me the expansive vegetarian palette of ingredients that I would continue to draw inspiration from to this day. This new edition sparks all of the same feelings, and I’m incredibly excited and thankful for the new generation of cooks about to discover the flavor, color, beauty, and nourishment that Deborah’s recipes bring to the table.” —Heidi Swanson, author of *Super Natural Every Day*

“How do you improve on a classic? Update the recipes, add a bunch of new ones, and add a slick new cover design that will have even the diehard fans of the original happily in the kitchen. Oh, and meat eaters: don’t sleep on Madison just because the word “vegetarian” is in the title. You might learn something.” —Eater.com

This is a revision of the award winning classic, *Vegetarian Cooking for Everyone*. It is well worth buying, even if you own the original version. I have been cooking recipes from the original since before it was published, having been lucky to take a class from Madison when she was working on it. All of the original recipes are here, but there are also 200 new ones, making the total 1,600. The recipes have been completely reformatted; now they are in a 2 column per page format, and are actually easier to read than in the original, but there are fewer pages! a total of 665. The drawings

and photos have been dropped, likely since the publisher has changed to 10 Speed press. However, since only a few of the recipes had photos to begin with, the book does not suffer from it. We used the 10th anniversary Edition of this book as one of the texts in the all vegetarian cooking school I graduated from. It is now better than ever, with the addition of a comprehensive discussion of vegetarian ingredients, such as sweeteners, vinegar, herbs, and edible flowers. Recipes that can be made Vegan are now clearly marked with a big V in a circle. But truly what sets this cookbook apart from the rest, besides how encyclopedic it is, is the quality of the recipes. Everything I have made from here over the past 17 years has been outstanding. The sort of recipes that everyone loves, even non-vegetarians. There is fresh pasta, Asian noodles, the fabulous Galettes, stir fries, soups, salads, desserts, dumplings, omelettes, and of course vegetable sides, beans, and grains. And of course much more! The relishes and sauces look terrific! Here are some of my favorite recipes, and some I must try:

Dips/Sauces/Spreads: Salsa Verde, Raita with Cucumber and Spices, Smoked Chile Salsa, Walnut Bã©chamel Sauce

Appetizers: Roasted Cashews with Garam Masala, Roasted Eggplant with Dill, Yogurt, and Walnuts, Black Bean and Smoked Chile Dip, Artichoke Pesto, Roasted Potatoes with Chile Mayonnaise, Crispy Roasted Chickpeas with Spice and Smoke

Sandwiches and Rolls: Vietnamese Spring Rolls, Avocado Club with Chipotle Mayonnaise, Grilled Portabella Mushroom Sandwich, Beefsteak Tomato Open-Faced Sandwich, Quesadilla with Smoky Black Bean Spread and Salsa, Pita with Falafel, Tomatoes, Tahini, and Lemon

Creamed Leeks on Walnut Toast

Salads: Farmer's Market Salad, Romaine Hearts with Parmesan and Lemon Vinaigrette, Wilted Dandelion Greens with Hard-Cooked Egg, Lentil Salad with Roasted Peppers and Vegetable Garnishes, Green Lentils with Roasted Beets and Preserved Lemon, White Bean Salad with Green Olives and Tarragon, Lime-Cumin Vinaigrette, Orange Vinaigrette, Avocado Dressing, Feta Dressing with Marjoram and Mint

Soups: Mushroom Stock, Tortilla Soup, Sweet Corn Soup, Winter Vegetable Chowder, Avocado-Tomatillo Soup with Lime, Corn Chowder with New Potatoes, Golden Peppers, and Basil

Stews, SautÃ©s, and Stir-Fries: Green Mix Saute with Coconut and Tumeric, Spaghetti Squash with Oyster Mushroom and Pearl Onion, Ragout, Cashew Curry, Potato and Chickpea Stew with Romesco Sauce, Artichoke, Pepper, and Chickpea Tagine with Preserved Lemons, Roasted Cauliflower and Tomato Curry, Eggplant and Potatoes with Cumin, Ginger, and Yogurt, Corn, Tomato, and Okra Stew, Southwest Bean and Summer Vegetable Stew, Chinese Noodle Cake, Vegetable Stir-Fry with Coconut-Basil Sauce

Gratins, Enchiladas, etc.: Zucchini Gratin with Basil, Olives, and Pine Nuts, Polenta Gratin with Mushrooms and Tomato, Tamale Pie, Butternut Squash Gratin with Onions and Sage, Goat Cheese Enchiladas with Corn and Red Chile Mole, Chayote and Corn Enchiladas, Mushroom Enchiladas with Epazote

and Green Chile Beans: Beans with Broccoli Rabe and Garlic Croutons Black-Beans, Chipotle Chile, and Tomatoes, Alabama Speckled Butter Beans Black-Eyed Peas, Carolina Rice, and Smoked Paprika Lima Beans, Olives, and Roasted Peppers Cannellini Beans and Savoy Cabbage with Cumin Vegetables: Artichokes Stuffed with Bread Crumbs, Capers, and Herbs Slivered Asparagus Saut   with Shallots Roasted Beets, Apples, and Onions with Cider Vinegar Broccoli Rabe with Garlic and Red Pepper Flakes Cabbage Leaves, Rice, and Green Herb Filling Braised Carrots Chard Ribbons with Cumin and Lemon Corn with Cumin, Chile, and Tomato Eggplant Rollatini with Cornbread Stuffing Kale with Garlicky Sesame Sauce Grilled Leeks with Parmesan and Olive Crostini Pan-Grilled King Oyster Mushrooms with Toasted Sesame and Chives Fried Okra Sugar Snap Peas with Green Onions and Dill Fingerlings with Slivered Garlic Walnut and Potato Croquettes Spinach or Chard, Catalan-Style Crookneck Squash with Green Onions Coconut Pan-Roasted Sweet Potatoes Herb-Baked Tomatoes Spaghetti Squash with Gruyere Cheese Pasta, Dumplings, and Noodles Summer Pasta with Garden Vegetables and Tarragon Fresh Linguine with Tomato Sauce Noodle Kugel Eggplant Lasagne with Garlic B  chamel Butternut Squash Ravioli with Toasted Pecans and Sage Spinach Tortellini with Walnuts, Parsley, and Pecorino Potato Gnocchi Saffron Dumplings Rice Noodles in Curry Sauce with Tempeh Burmese Noodles Chinese Dumplings with Shredded Cabbage, Mushrooms, and Leeks Savory Tarts, Pies, Galettes, Pizza, etc. Fresh Herb Tart with Goat Cheese Tomato Tartlets with Rosemary Winter Squash Galette Empanadas with Greens and Olives Pizza with Saut  ed Artichoke Heart Mushroom Pizza with Tomato and Smoked Cheese Red Onion Pizza with Rosemary Grains: Barley-Mushroom Pilaf with Saut  ed Mushrooms Polenta Gratin with Tomato, Fontina, and Rosemary Polenta Dumplings with Warm Sage and Garlic Butter Green Rice and Roasted Chiles Curried Quinoa with Peas and Cashews Pecan-Covered Grits Rice Pilaf with Saffron and Spice Rice and Spinach Gratin Fresh Mushroom Risotto Israeli Couscous in Mushroom Broth Eggs and Cheese: Stuffed Green Chile Omelet Zucchini Frittata with Marjoram Double Spinach Souffl   Savory Cheese Custards Winter Squash Flans with Greens and Red Wine-Shallot Sauce Corn Custard with Szechuan Pepper salt Corn Pudding Souffl   Tofu, Tempeh, and Miso Section Spicy Stir-Fried Tofu with Coconut Rice Vegetarian Nuoc Cham Malaysian-Inspired Tofu Curry Tempeh with Braised Peppers, Mushrooms, and Olives Griddled Small Eggplant with Sweet Miso Sauce Breakfast: Mango-Orange Cooler Nectarine-Mango Frappe Breakfast Eggs in Tortillas Migas Savory Corn Waffles Babka with Dried Cherry-Almond Filling Ann's Cheese Stollen Breakfast Grits Breads: Basic Buttermilk Muffins Banana-Oat Muffins Cheese Muffins Corn Bread or Muffins with Fresh Corn Kernels Buttermilk Biscuits Oat Scones Multigrain Bread with Sunflower Seeds Peppered Cheese Bread Pita

BreadDesserts:Rhubarb, Strawberry, and Mango CompotePeach, Raspberry, and Blackberry
CrispStone Fruit CobblerBlueberry Custard TartCakes/ Mousse/ Ices/ Cookies:Semolina Cream
CakePolenta Pound CakeChocolate TerrineAn Airy Chocolate Cake with Ground NutsCream
Cheese Mousse with Blackberries and Rose Geranium LeavesPink Grapefruit SorbetWild
Blackberry SherbetLemon Verbena SherbetFinnish BiscottiPhyllo CigarsJam Bars or TartYou get
the ideas....but these are all to my taste, there are thousands of other recipes here!

By way of background, I am an experienced - albeit not a gourmet - cook, with a wish to have more vegetarian options in my repertoire. This is the best cookbook that I've ever used, and comparable to the Joy of Cooking is its range and everyday utility. I believe that people's mileage does vary widely in using cookbooks. In my case, I've bought a number of Mark Bittman's books, because I love his philosophy, and like his meal planning and modular approach to cooking. I really appreciate the underlying thinking that cooking should be less recipe driven and more of a flexible approach to what's in your kitchen, or fresh and seasonal. That said, I've found many of the recipes that I've tried to be very pedestrian in flavor - they taste like they were created by health conscious folks in the 70's. Other recipes have had seasoning that is so pronounced that the end result is inedible (3 Tablespoons of cumin? Really??? Was that a typo?), had major timing issues, or required ingredients that I generally don't have. However, other people do love using his cookbooks, so YMMV.What I've liked about the Deborah Madison cookbook : 1. every single recipe has turned out from "very good" to "Wow!..awesome!" 2. From my relatively well stocked larder, I can almost always find the ingredients 'in house' There are plenty of recipes to address cooking the staple vegetables and proteins (tofu, etc.) that are common to have. Equivalents/ substitutions are noted, and multiple uses for many recipes are also mentioned. Somehow, it's been much more successful in prompting me to cook with a modular, flexible approach - something I'd really wanted from the Bittman books, but not actually achieved. 3. It's changed my approach to vegetables, from treating them as an afterthought - the "just saute or microwave a bunch of broccoli" school of thought to using sauces that make vegetables a true pleasure to eat. 4. Clear, clear, crystal clear instructions. I can now prepare a golden, crusted tofu that is a huge improvement over my previous efforts.5. Pretty comprehensive - the joy of an all-purpose cook book.If you're unsure about purchasing, try out a few recipes first. Then, you will buy the book.

Massive, thorough book. I love love love this cookbook. It reads more like a kind person teaching you how to cook. For example, it doesn't say, "Make sure that the vegetables are evenly spaced

while cooking." It says "make sure the vegetables are evenly spaced in the bottom of the pan in an even layer while cooking-if they're too close together and are touching, it won't cook evenly and will stick to each other. I love that attention to detail. Perhaps for other folks, that may not be what they like nor need, but for me, and never being taught how to cook, it's always been a bit overwhelming. Reading a recipe I am always like, ok, I'll make sure to do it. But with this book it's like she's explaining why you do the things you do while cooking. She thoroughly explains everything. History, the dos and don'ts, the breakdown and basis for all foods. It's lovely. I'm not a picture person (they don't help me cook really) so I didn't mind that the pages weren't glossy and there weren't many pictures. I highly, highly recommend this cookbook! ONE CAVEAT. The printing process of this was a little questionable... I received this with some quality issues with the pages, the first 10 pages or so had a dog eared part that wasn't cut properly (See pictures) If you are ordering this for a gift, I'd highly suggest not getting it from here if that's something that concerns you. However, for me, seeing the cover price on the inside, and then knowing I paid half that, I'm fine cutting off a little dog eared pages.

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