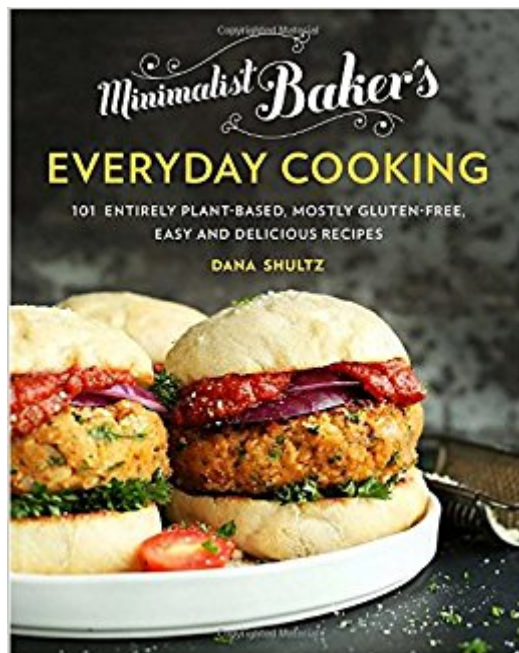


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Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy And Delicious Recipes



Synopsis

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare. Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Book Information

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Customer Reviews

Dana Shultz has written an absolutely gorgeous cookbook and packed it full of recipes that are diverse and interesting. I'm always delighted to find a cookbook like this one, where I can plan an entire menu that includes and satisfies everyone around the table, even diners not on a specific diet. I really like the layout, with basic recipes and methods at the beginning (for things like a flax egg and the 1-bowl approach (which appears a lot)). The recipes then follow along a familiar and

easy-to-follow progression from breakfast - apps & sides - mains - desserts - drinks. Following the recipes, there is a basic pantry list and even a nutritional index(!) that lists every dish and its calories | fat | saturated fat | carbs | sodium | fiber | sugar | protein content. I am going to ignore that info for the amazingly delicious double-chocolate gluten-free waffles, but since they are meant to be a special occasion dessert/"breakfast", it's totally fine. At the top of each recipe page is a convenient notice about the advantages of that recipe. Some are 30 minutes or less, some require only one pot, some are gluten-free, some are 10 ingredients or less, others are all of the above, etc. Combined with a brief description, info on prep and cook time for each recipe, and a photo - usually on the same page - Dana's recipes are thoughtfully presented and easy to follow. The spine does enable the book to stay open easily and most recipes plus their photo are all on the same page as the ingredients list (which I love). Dana writes that her Spiced Buckwheat Pancakes are her favorite vegan pancakes to date, so I easily made a batch tonight and froze them individually for my breakfast all week. They are very good (assuming you like spices & buckwheat, both of which I adore).

I have enjoyed some (but not all) recipes from the author's website, and I gave this book a shot. I'm really disappointed by the fact that many of the recipes are actually very complicated. I feel that the author should have put more effort into being truly minimalist, instead of making recipes as complicated as possible while still adhering to the "one bowl/30 min/10 ingredients" gimmick. Usually the recipes meet only one of those requirements while being complex in the other aspects. Also, a lot of the recipes with "only 10 ingredients", require you to divide some of the ingredients into multiple measurements to use them in different places. I tried the pizza burgers and enjoyed them but they did not wow me. I tried the smoky veggie burgers and was really frustrated with how bad the time estimate of the recipe was. It had well over 10 ingredients, required cooking quinoa in one pot, using a mixing bowl, the food processor, a plate to place the raw veggie burgers, and then another skillet. Plus a cutting board/knife, serving dishes. Etc. The recipe says 20 minutes of prep and 20 minutes of cooking. So I don't actually understand how this meets any of the gimmicks. In the end I got an ordinary veggie burger that isn't any different or easier than others I have made - and the recipe only made 4 servings for all of that work. Finally I tried the vanilla GF cupcakes. They are supposedly made in one bowl. However, in order to fit into the 'one bowl' gimmick you're required to mix certain ingredients together inside a measuring cup. The dry ingredients are added directly to the wet in order to maintain the one bowl paradigm, without stirring them together first. As a result you end up with a batter that isn't well mixed.

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