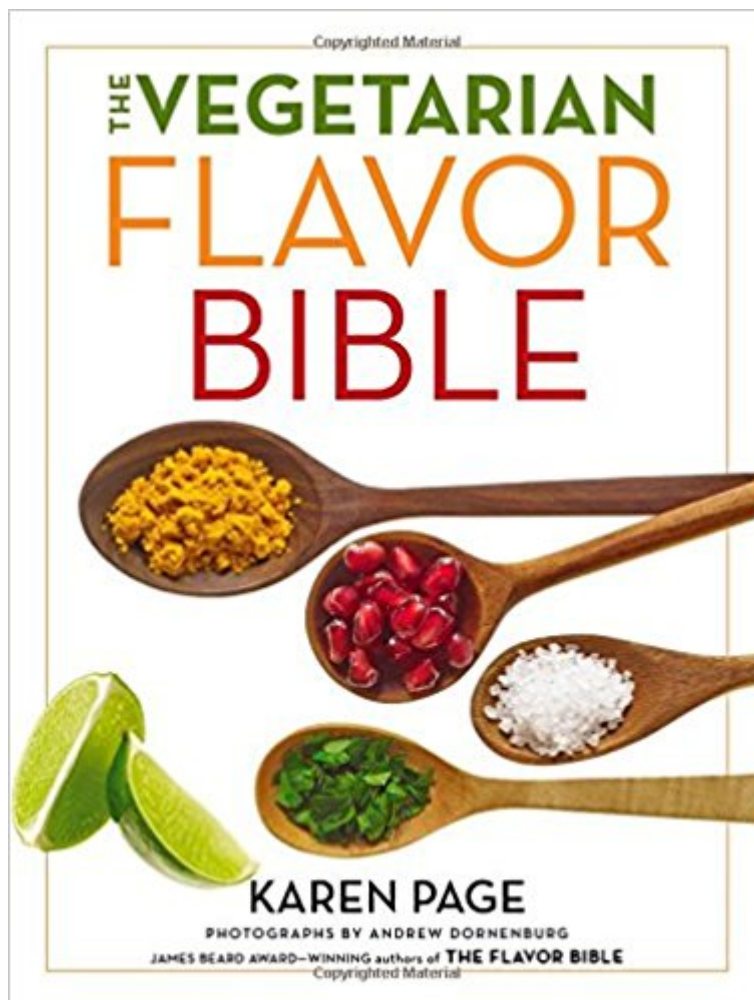


The book was found

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.

Book Information

Hardcover: 576 pages

Publisher: Little, Brown and Company; F First Edition edition (2014)

Language: English

ISBN-10: 031624418X

ISBN-13: 978-0316244183

Product Dimensions: 7.9 x 1.9 x 10.3 inches

Shipping Weight: 3.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (112 customer reviews)

Best Sellers Rank: #20,690 in Books (See Top 100 in Books) #11 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments #43 in Books > Reference > Encyclopedias & Subject Guides > Cooking #51 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference

Customer Reviews

Oh my goodness, YESS!! I didn't know this book existed until today when I came across it at a very cute independent book store. How did I miss this? When did this come out?? I thumbed through it and it was a MUST HAVE. Its everything I could want to compliment the first The Flavor Bible: The

Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs, which is one of my most-used and all-time favorite books. This Vegetarian Flavor Bible is all about "G-BOMBS", the most nutritionally dense foods for a healthful daily diet: Greens, Beans, Onions, Mushrooms, Berries, and Seeds. Before I dive into a deeper review, you can pick this up brand new on eBay through Barnes & Noble direct seller and other online sellers right now for about \$25. I got mine at the store, but bought another through eBay already for a gift!! I've purchased a lot of cookbooks in the last 10 years, and I've grown to be way more discerning in the last year of what books I will allow myself to buy. Many of my more recent books have focused on plant based foods. I used to be a big meat lover, and I still do enjoy a good piece of meat from time to time, but my body craves vegetables--and lots of them--all the time! This Vegetarian Flavor Bible was love at first sight. Its bigger (in a good way, not excessive bulk), and its got a ton of information, which all translates into more flavor pairings, whether you're using 1 vegetable or combining multiple vegetables. It follows the same format as The Flavor Bible. For those unfamiliar with the format, this is NOT a cookbook.

[Download to continue reading...](#)

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 The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs Minecraft: Seeds Handbook, Minecraft Seeds For Pocket Edition, The Ultimate Minecraft Seeds Handbook (Minecraft Handbook, Minecraft Seeds, Minecraft Seed Books) Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps The Produce Bible: Essential Ingredient Information and More Than 200 Recipes for Fruits, Vegetables, Herbs & Nuts Cooking with Beans and Legumes: Simple Recipes for Cooking Delicious, Healthy Meals with Beans and Legumes The Triumph of Seeds: How Grains, Nuts, Kernels, Pulses, and Pips Conquered the Plant Kingdom and Shaped Human History The Triumph of Seeds: How Grains, Nuts, Kernels, Pulses & Pips Conquered the Plant Kingdom and Shaped Human History Food Storage: Preserving Fruits, Nuts, and Seeds 300 Best Rice Cooker Recipes: Also Including Legumes and Whole Grains The Big Book of Sides: More than 450 Recipes for the Best Vegetables, Grains, Salads, Breads, Sauces, and More The Galaxy Global Eatery Hemp Cookbook: More Than 200 Recipes Using Hemp Oil, Seeds, Nuts, and Flour The Fruit Gardener's Bible: A Complete Guide to Growing Fruits and Nuts in the Home Garden Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening: Innovative Techniques for Growing Vegetables, Grains, and

Perennial Food Crops with Minimal Fossil Fuel and Animal Inputs Trump Is Nuts!: An Illustrated Guide to the Many Ways That Trump Has Gone Nuts [Audio companion to the print book]
Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget
(Crockpot,Quick Meals,Slowcooker,Cast Iron) Nuts and Berries of New England: Tips And Recipes For Gatherers From Maine To The Adirondacks To Long Island Sound (Nuts and Berries Series)
Where Chefs Eat: A Guide to Chefs' Favorite Restaurants (2015) Delphi Nuts & Bolts: For Experienced Programmers (Nuts & bolts series) Inside Chefs' Fridges, Europe: Top chefs open their home refrigerators

[Dmca](#)