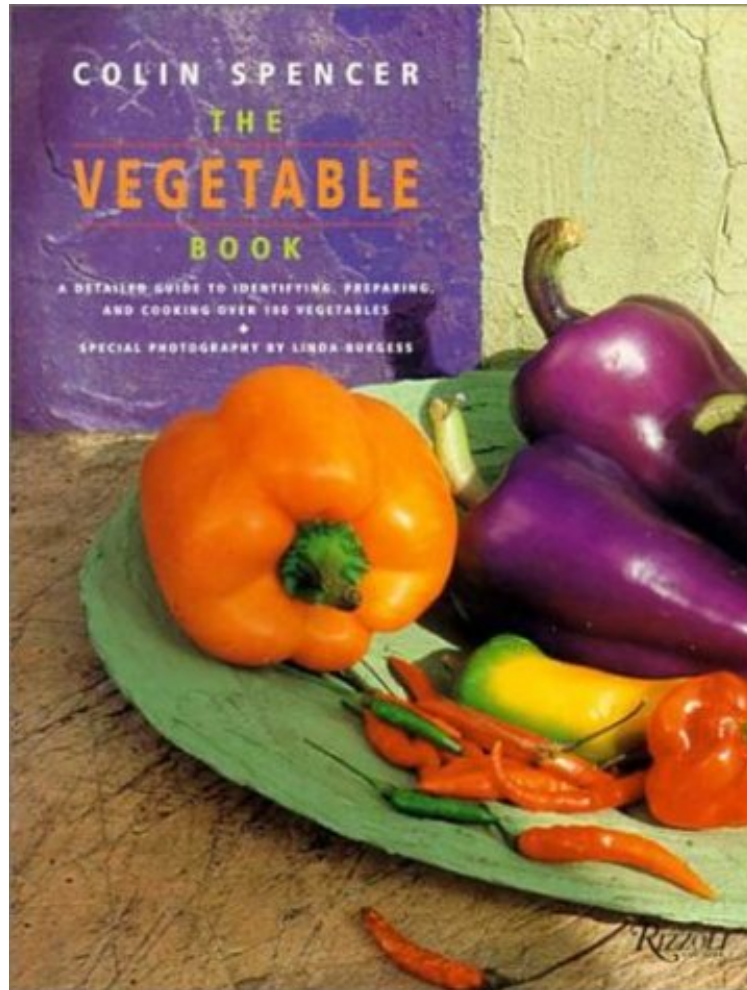


## Vegetable Book

Colin Spencer

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**Colin Spencer : Vegetable Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised Vegetable Book:

0 of 0 people found the following review helpful. A great compendium By Linda LeBoutillier Everything you always wanted to know about vegetables and more! There are great recipes and great histories of each vegetable. Did you know the French don't like the leaves of the Swiss Chard, just the stem? Well, I didn't know that, even though I've been eating Swiss Chard. The book is arranged by family of plant. The information is great. The recipes look very good. For the price, the book is great. 0 of 0 people found the following review helpful. veg lovers - this might be slightly dated but it still is great By Chris Cronin I love how the history and multiples types of preparations are detailed. It was recommended by a chef friend of mine. 12 of 12 people found the following review helpful. Vegetarians will love it By A Customer This cookbook is for the true vegetarian who loves his/her vegies and likes to read a good story about the vegies they are cooking. I particularly like the fact that many of the recipes related to widely used

ingredients such as tomatoes and potatoes. The new twist and flavours using these old basics from different regions around the world will give a zing to those vegetarians who don't like to stray too far from their favourite veggies.

Provides a detailed guide to identifying, preparing, and cooking over 100 vegetables including over 300 accompanying recipes for vegetable dishes.

.com Colin Spencer's *The Vegetable Book* will make even hard-core meat eaters gobble up their veggies in record time. This hefty collection abounds with more than 300 vegetable dishes from around the world, conveniently grouped together by horticultural family. More than just a series of recipes, Spencer provides detailed historical information, preparation and storage tips, and nutritional values for each vegetable. The majority of the recipes call for more traditional vegetables--tomatoes, potatoes, celery, mushrooms, artichokes. But exotic veggies also get their share of the limelight--including Chinese bitter melon, black radish, and glasswort, a member of the beet family. Salads shine in *The Vegetable Book*, and stars include a Wilted Chard Salad rich with garlic and spices, and a succulent Warm Salad of Radicchio, Frise, and Glazed Squash. Pies also stand out from the crowd--particularly a Swiss Chard Pie wrapped in a delicious, buttery crust. Recipes run the gamut from simple braised vegetables to complex soups and sauces, sure to appeal to cooks of all abilities. The book would have benefited from an index listing dishes by type (soups, entrees, appetizers, etc.), and several recipes call for fish stock, dairy products, or gelatin--definite no-nos for strict vegetarians. However, the detailed cooking instructions, full-color photographs, and Spencer's chatty and informative text make greens simply gorgeous. --Naomi Gesinger

Colin Spencer's *The Vegetable Book* is a treasury of over one hundred vegetables arranged by their horticultural families, grouping the usual and the obscure in the most comprehensive and authoritative survey to date. Fresh vegetable recipes from around the world are brought together by Spencer's witty and anecdotal description, backed by superb full-color illustrations. Smooth and Angled Loofahs, Bottle Gourd, and Scorzonera take their place beside the common onion. From traditional Sicilian caponata to Kohlrabi salad, *The Vegetable Book* features the global garden's most unusual preparations and raw materials, giving readers the opportunity to expand their culinary horizons and reap the manifest health benefits of vegetables. Much of *The Vegetable Book* is devoted to traditional fare such as tomatoes, potatoes, and beans, giving detailed and amusing accounts of their history, cultivation, popularity, and nutritional wealth accompanied by handy tips on storage, preparations, and usage of the variety of vegetables. Two hundred irresistible recipes for main or side dishes have been assembled, from the simplest "Leek and Potato Soup" to "Stir-Fried Taro with Prawns" and "Fiery Yam Fritters". Classic favorites, such as the centuries-old King's Soup, are preserved here and made accessible to today's cooks, while fresh, intriguing combinations like "Fennel Tempura with Home-Dried Tomatoes" abound as well. *The Vegetable Book* is a once a valuable sourcebook, a comprehensive cookbook, and a fascinating book to simply read and browse through. Highly recommended for all culinary reference shelves! -- Midwest Book