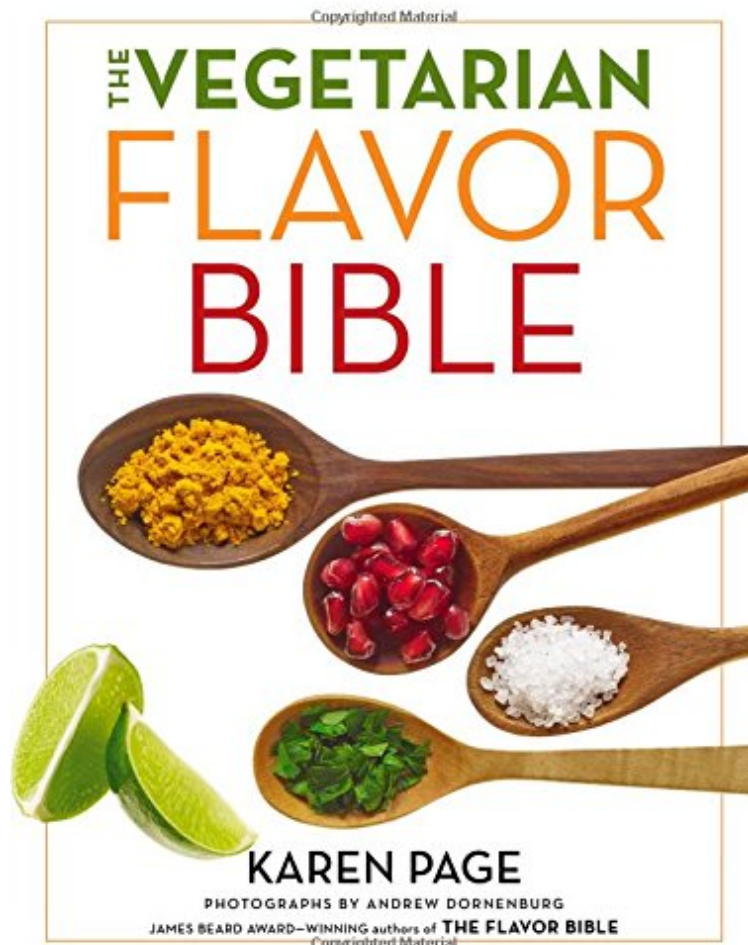


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The Vegetarian Flavor Bible: The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs

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66 of 67 people found the following review helpful. but The Flavor Bible is the most useful book in my kitchen
By Laura Day
I am NOT a vegetarian, but The Flavor Bible is the most useful book in my kitchen, so as soon as I heard about The Vegetarian Flavor Bible I ordered it. It's hard to believe that it is even bigger and even better than the original. I'm very happy to have it as a guide to cooking with vegetables, grains, beans, mushrooms, and much more. I have ordered one for all of my friends as gifts this year. The photo's are beautiful and the presentation is more like a tabletop book than a cookbook.
0 of 0 people found the following review helpful. I don't usually return Kindle purchases, but decided to return this one . . .
By MemphisRose
This book is pretty much just a listing of complementary flavors for use in vegetarian cooking. There is good information on healthy eating in the introductory chapters, but when you get to the main body of the book, it just lists flavor pairings. It may be a good reference for chefs and individuals who create recipes. I was expecting some example recipes, but the flavor pairing sections only provided examples of menu items from restaurants that are inaccessible to most of America. Great if you live in New York City or LA. That being said, the Kindle version may have been made more useful if each listing began on a new page, like the better Kindle cook books. For the average person who loves to cook and experiment with new foods on a consistent basis, like me, this book lacked the necessary guidance to make this a useful reference.
1 of 1 people found the following review helpful. More in depth Flavor Bible
By Customer
The Flavor Bible has been one of the most useful educational books I've had the pleasure to own; but while I'm not vegetarian, I cook mostly plant-based. The Vegetarian Flavor Bible includes more obscure spices and herbs, and naturally goes more in depth for vegetables. Both books have been incredibly helpful for improving my cooking and for fridge clean-outs, which really helps toward eating well on a budget.

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 aa 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.

One of The Washington Post's "Best Cookbooks of 2014"
One of Bloomberg's "The Season's Cookbook Hits"