Perfect Vegetables is the work of Cooks Illustrated magazine, a publication devoted to providing the best American recipes. Like the magazine, from which its contents is largely drawn, the book offers super-tested recipes--as many as 18 tries for stuffed tomatoes, for example--for an A to Z vegetable range, artichokes to zucchini. The book also includes dozens of technique and equipment notes (Stir-Fry Basics, is one), plus a short section on vegetable soups. An impressive recipe range is here and accounted for--classic dishes like grilled eggplant and braised fennel, plus newer formulas for the likes of Grilled Red Peppers with Mint and Feta and Glazed Curried Carrots with Currants and Almonds. Are these the ultimate versions of the dishes included? Certainly they represent exhaustive investigation--and most cooks will find the Perfect Vegetables take, which offers many technical refinements (preheat your baking sheet to ensure golden oven-baked fries, for example) enlightening. Vegetable entries begin with a detailed discussion that highlights the cooking methods for each that ensure best results. (Steaming, for example, gets the nod for artichokes, as it yields the deepest, most pronounced flavor.) Master recipes follow, such as that for steamed artichokes, plus formulas for tasty accompaniments like Lemon Mint Vinaigrette, or variations, such as Roasted Baby Artichokes with Roasted Garlic Aioli. Techniques are beautifully illustrated with line drawings and photos. The ingredient and equipment investigations, which often include ratings, are mini consumer reports. Devotees of Cooks Illustrated and those new to its obsessive approach to dish making, should happily embrace this encyclopedic compendium. --Arthur Boehm

My Personal Review:
This book on vegetables covers every thing you need to know about selecting and preparing vegetables. There is also a nice variety of recipes using the specific vegetables. I have found it an excellent addition to my collection of cookbooks.
For More 5 Star Customer Reviews and Lowest Price:
Perfect Vegetables: Part of The Best Recipe Series - 5 Star Customer Reviews and Lowest Price!