James Pettersons Vegetables is an encyclopedic yet easy-to-read guide to preparing everything from artichokes and beet greens to plantains and watercress. It contains more than 300 enticing recipes, many which use just three or four ingredients. This is a book about vegetables, but not a vegetarian cook book. To deliver appealingly intense flavors, Peterson uses chicken broth, anchovies, prosciutto, or bacon. He also does not skimp on cream or butter when he feels it is right for a dish. Peterson starts with information on buying, storing, and using 64 vegetables. Photos illustrate how to trim fennel, clean and julienne leeks and perform other commonly used techniques. He also provides helpful information along with the recipes, like suggesting that you buy roasted, not raw cashews because they are less likely to be rancid. The recipes range from Mediterranean-style Creamy Zucchini Gratin to Mexican Avocado and Chile Gazpacho, and Japanese Cucumber Salad, as well as expected classics like mashed potatoes, glazed carrots, and creamed spinach. When you need a gift, think of this book. --Dana Jacobi
This is the perfect cookbook about vegetables. It isn't just a collection of recipes. It describes how best to cook each vegetable for the best flavor and then has several recipes to try for each--some simple, some not so simple. I refer to this one often for the chart in the front for steaming/cooking times for vegetables and information.

If you are looking for a more seasonal cookbook with lots of recipes, then I would suggest Simply in Season. Honestly, the two cookbooks would make a great combination together if you want to incorporate more vegetables in season into your diet!

If you find that you really like James Peterson, his other cookbooks are also outstanding! Essentials of Cooking is a great place to start--it teaches all the basics of gourmet cooking.

For More 5 Star Customer Reviews and Lowest Price:

Vegetables by Justin Schwartz - 5 Star Customer Reviews and Lowest Price!