

Still Life with Menu Cookbook

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Language:English.Still Life with Menu Cookbook

Culinary and fine artist Katzen here provides 55 diverse meatless menus for today's "increasingly complex schedules." Her focus is on presenting an esthetically appealing ethnic meal, nutritionally sound and prepared with easily found ingredients. Katzen's sophisticated vegetarian cuisine has a light touch. Her recipes now use relatively little butterfat and few rich dairy products. Traditional fare is represented (Irish soda bread, Tuscan bean soup, chocolate chip peanut butter cookies). More adventurous are the Thai garlic soup, pesto and peppercorn torta and spinach souffle paprikash. Menus for pasta dinners, stir-fry dinners, breakfast, brunches and teas, and "good" fast food suggest dishes for several meals. Do-ahead steps designed to minimize work time are included with all menus containing more than two dishes. New readers and fans of Katzen's previous books (Moosewood Cookbook and The Enchanted Broccoli Forest) should relish this personal and appealing volume, her first in six years. Full-color reproductions of Katzen's original still lifes precede each menu. 100,000 first printing; author tour.

Copyright 1988 Reed Business Information, Inc.Katzen, author of the hugely popular The Moosewood Cookbook (LJ 3/15/78) and The Enchanted Broccoli Forest (LJ 10/15/82), again features her cuisine and her art, in a series of vegetarian menus accompanied by pastel drawings. Menus emphasize advance preparation for today's busy cook.

Disappointingly, the recipes don't seem as fresh and innovative as those in the earlier books: Velvet Corn Soup or Mediterranean Lentil Salad seem all too familiar now. Jeanne Lemlin's Vegetarian Pleasures: A Menu Cookbook (LJ 4/15/86) has broader appeal for vegetarians and non-vegetarians alike; still, Katzen's fans represent a large audience. JS Copyright 1988 Reed Business Information, Inc.

Other Books

Vegetarian Times. To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Ornish's and McDougall's books, Dr. Dean Ornish's Program for Reversing Heart Disease (Random House, 1992) and The McDougall Program for a Healthy Heart (Butt, 1996), are full of tasty and healthful recipes tested in their clinics."