

The Modern Vegetarian Kitchen

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Peter Berley's mission is to show how the simple act of cooking food can enliven your senses and nourish your life--from going to the farmer's market and outfitting your kitchen with the simplest, most useful tools to learning techniques and sharing meals with friends and family. The much-admired former chef of Angelica Kitchen, one of New York City's finest restaurants, Berley takes you through the seasons, with more than two hundred sumptuous recipes that feature each ingredient at its peak, including:

>> Summer Corn and Vegetable Chowder

>> Hearts of Romaine with Creamy Miso Dressing

>> Baby Artichokes in White Wine, Lemon, and Herbs

>> Fresh Asian-Style Whole-Wheat Noodles in Dashi

>> Wild Mushroom Stew with Crispy Pan-Fried Tofu

>> Wintry Root-Vegetable Risotto with Porcini Mushrooms

>> Authentic Country French Sourdough Bread

>> Coconut Cream Tart

A cooking teacher for many years, Berley has kept the needs of his students continually in mind in this book. The recipes are written to feature the basic techniques and background information needed to create wonderful meals with fresh vegetables, fruits, and grains. He truly inspires both novice and experienced cooks to understand what they are doing and why, to learn to work with the ingredients, and to apply their skills creatively. This wonderful book brings vegetarian cuisine to a new level.

Peter Berley was introduced to macrobiotic cooking by a Japanese acupuncturist during the 1970s. His appreciation for this new and, at that time, slightly radical way of eating and cooking led to a career as a vegetarian chef. Berley started simply, hosting small dinner clubs; by 1992, he was executive chef at a strictly vegan restaurant in New York, Angelica Kitchen. In his first cookbook, Berley shares unique color and flavor combinations to demonstrate both the visual and toothsome possibilities of creative vegetarian cooking. But at the heart are the staples. A chapter on salads lists dishes by season--to encourage the reader to take advantage of seasonal fruits and vegetables. An assortment of bean recipes provides imaginative uses for chickpeas, white beans, black beans, and lentils. Bread recipes are complemented by a variety of tapenades, pestos, and herbed oils. Desserts include the expected pumpkin pie but also temptations such as Pear-Cranberry Crisp and Chocolate Mousse. Through it all, Berley proves that eating the vegetarian way can offer as much in cuisine as it does in health. --Teresa Simanton

Peter Berley is the owner of The North Fork Kitchen and Garden, a culinary studio where he teaches intensive workshops on modern food craft and wood-fired bread baking and cooking. The former executive chef of the world-renowned Angelica Kitchen restaurant in New York City, he holds classes at The Institute of Culinary Education and Natural Gourmet Institute. Berley has contributed to Edible Brooklyn, Food & Wine, Bon Appétit, Every Day with Rachael Ray, Natural Health, Cooking Light, and Fine Cooking magazines. His groundbreaking first book, *The Modern Vegetarian Kitchen*, received both the James Beard and IACP Awards. He lives with his family in South Jamesport on the North Fork of Long Island, New York.

Other Books

Pure Vegetarian. Using simple ingredients, Paul Gayler presents 150 tempting vegetarian recipes, whether it's just for one, a romantic meal, the family or a dinner party.

But you don't have to be a vegetarian to enjoy the 120 tempting recipes in Pure Vegetarian, such as Celery, Camembert and Prune Tart or Kerala-style Pumpkin Curry with Cinnamon Rice."