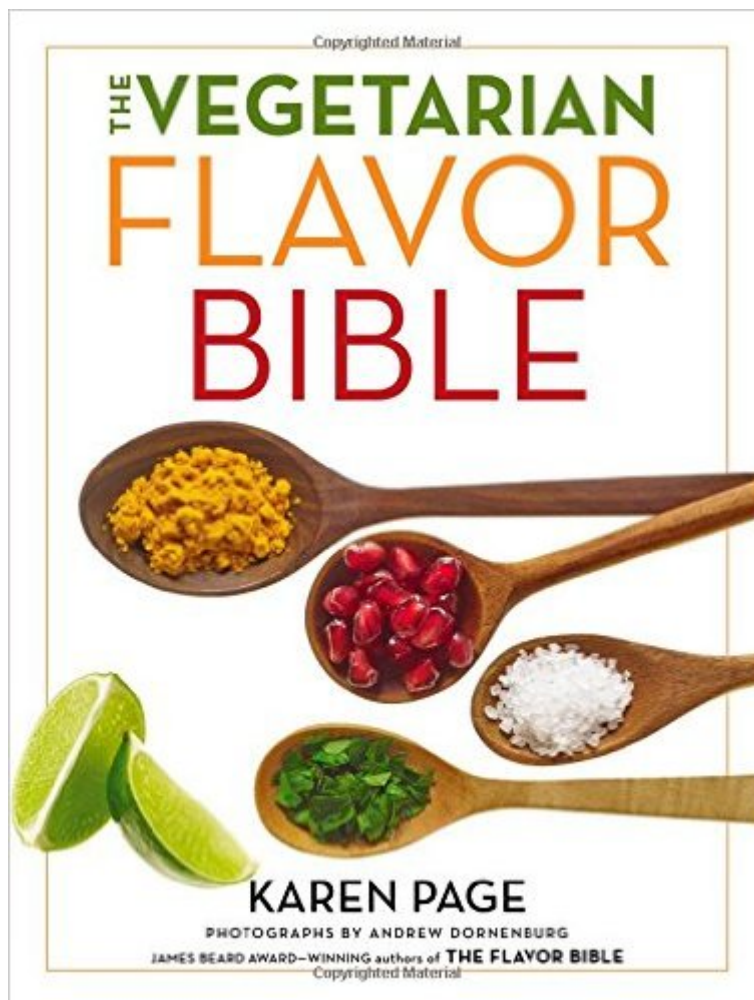


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# The Vegetarian Flavor Bible: The Essential Guide To Culinary Creativity With Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, And More, Based On The Wisdom Of Leading American Chefs





## Synopsis

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 aÃ§aÃ- 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.

## Book Information

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## Customer Reviews

Oh my goodness, YESS!! I didn't know this book existed until today when I came across it at a very cute independent book store. How did I miss this? When did this come out?? I thumbed through it and it was a MUST HAVE. Its everything I could want to compliment the first The Flavor Bible: The

Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs, which is one of my most-used and all-time favorite books. This Vegetarian Flavor Bible is all about "G-BOMBS", the most nutritionally dense foods for a healthful daily diet: Greens, Beans, Onions, Mushrooms, Berries, and Seeds. Before I dive into a deeper review, you can pick this up brand new on eBay through Barnes & Noble direct seller and other online sellers right now for about \$25. I got mine at the store, but bought another through eBay already for a gift!! I've purchased a lot of cookbooks in the last 10 years, and I've grown to be way more discerning in the last year of what books I will allow myself to buy. Many of my more recent books have focused on plant based foods. I used to be a big meat lover, and I still do enjoy a good piece of meat from time to time, but my body craves vegetables--and lots of them--all the time! This Vegetarian Flavor Bible was love at first sight. Its bigger (in a good way, not excessive bulk), and its got a ton of information, which all translates into more flavor pairings, whether you're using 1 vegetable or combining multiple vegetables. It follows the same format as The Flavor Bible. For those unfamiliar with the format, this is NOT a cookbook.

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