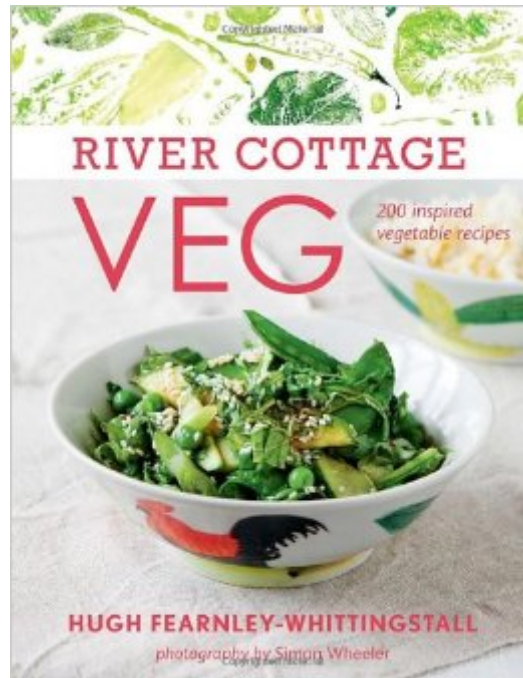


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# River Cottage Veg: 200 Inspired Vegetable Recipes



## Synopsis

A comprehensive collection of 200+ recipes that embrace vegetarian cuisine as the centerpiece of a meal, from the leading food authority behind the critically acclaimed River Cottage series. Pioneering champion of sustainable foods Hugh Fearnley-Whittingstall embraces all manner of vegetables in his latest cookbook, an inventive offering of more than two hundred vegetable-based recipes, including more than sixty vegan recipes. Having undergone a revolution in his personal eating habits, Fearnley-Whittingstall changed his culinary focus from meat to vegetables, and now passionately shares the joys of vegetable-centric food with recipes such as Kale and Mushroom Lasagna; Herby, Peanuttty, Noodly Salad; and Winter Stir-Fry with Chinese Five-Spice. In this lavishly illustrated cookbook, you'll find handy weeknight one-pot meals, pure and simple raw dishes, and hearty salads as well as a chapter of meze and tapas dishes to mix and match. A genuine love of vegetables—from delicate springtime asparagus to wintry root vegetables—permeates River Cottage Veg, making this book an inspiring new source for committed vegetarians and any conscientious cook looking to expand their vegetable repertoire.

## Book Information

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## Customer Reviews

I've loved Hugh Fearnley-Whittingstall's books ever since I got my hands on The River Cottage Meat Book, because it is informative, engaging, and has outstanding recipes. In this cookbook, the author tackles the other end of the food chain -- vegetables. This is not a contradiction because he aims to help us eat well, no matter what we're eating. And do you know anyone who is in health

danger from eating too many vegetables? While many of these recipes could use meat ingredients (chicken stock vs. veg stock, for instance, or add a bit of chopped bacon) there isn't a speck of meat in the book. That makes River Cottage Veg very friendly to vegetarians (and those who cook for them). It isn't strictly vegan, by any means, but a high percentage do qualify for that label too, and an entire chapter is given over to raw foods. Whatever the category, however, the recipes are simply fabulous. The author manages to find the sweet spot between "simple to make" and "Oh, that sounds yummy!" I've made several of them already, and I have little stickers fluttering to mark the pages of the recipes I intend to try next. Among the winners: artichoke and white bean dip (blitzed in the food processor in a few minutes; next time I'll grab endive as a dipper); lentil salad in several variations (5 minutes work from "I'm hungry!" to "lunch is ready!" now that I found I can buy pre-cooked lentils); and the best damned oven-roasted ratatouille I've ever made (since it goes in the oven, it doesn't even make a mess of the kitchen).

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