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A Modern Way To Eat: 200+ Satisfying Vegetarian Recipes (That Will Make You Feel Amazing)



Synopsis

A beautifully photographed and modern vegetarian cookbook packed with quick, healthy, and fresh recipes that explore the full breadth of vegetarian ingredients--grains, nuts, seeds, and seasonal vegetables--from Jamie Oliver's London-based food stylist and writer Anna Jones. How we want to eat is changing. More and more people cook without meat several nights a week and are constantly seeking to push the boundaries of their own vegetarian repertoire. At the same time, people want food that is a little lighter, healthier, and easier on our wallets, and that relies less on dairy and gluten. Based on how Anna likes to eat day to day--from a blueberry and amaranth porridge, to a quick autumn root panzanella, to a pistachio and squash galette--A Modern Way to Eat is a cookbook for how we want to eat now.

Book Information

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Average Customer Review: 4.6 out of 5 stars Â See all reviews Â (46 customer reviews)

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Customer Reviews

As a vegetarian of 20+ years, and *ahem* cookbook hoarder of 10+ years, I already own quite a few Vegetarian cookbooks. What drew me to pick this one was that it seemed to be similar in style to another series of vegetarian cook books that I like by Heidi Swanson. The book itself is beautiful and nicely styled, which I guess is to be expected as the author, Anna Jones, has worked as a food stylist for many years, including some for Jamie Oliver. Each section has a little introduction, and each recipe page begins with a mini introduction and background, which I feel is a nice touch. It has a good variety of recipes with sections titled: foreword by Jamie Oliver a modern way to eat - introduction what gets me up in the morning - breakfast-types foods food for filling a gap - healthy

snacking foods a bowl of broth, soup or stew satisfying salads easy lunches and laid-back suppers hearty dinners and food to feed a crowd vegetables to go with things - sides sweet endings - desserts cakes, breads and a few other things things to drink jam, chutney, stock and other useful stuff indexes But, as well as having recipes, there is also the occasional what I would like to call a guideline page, one on how she puts together a recipe - take one ingredient, decide on a method of cooking, a supporting ingredient, accent, flavour, herb, etc. and also another one of them is on soup: take a "base layer", add a herb, spice, main body ingredient, back up flavour, a little something more substantial (ie. Quinoa), and then a finishing touch (roasted seeds, yoghurt etc.

A Modern Way to Eat is a diverse and interesting set of recipes using vegetarian ingredients. The book is beautiful presented with copious amounts of photographs and fairly easy-to-follow directions. The focus is on flavorsome and wholesome ingredients - and dishes that can be prepared quickly. Be forewarned that the ingredient list can be long and quite daunting for some recipes. The book breaks down as follows: Forward by Jamie Oliver, A modern way to eat, What gets me up in the morning; Food for filling a gap; A bowl of broth, soup, or stew; Satisfying salads; Easy lunches and laid-back suppers; Hearty dinners and food to feed a crowd; Vegetables to go with things; Sweet endings, Cakes, bread and a few other things; Things to drink; Jam, chutney, stock, and other useful stuff; Index; Vegan and Gluten free index. Recipes are varied but with a distinct British influence: from Blueberry Pie Oatmeal to Bay Leaf and Saffron Roasted Cauliflower; Pancake Anzac Cookies to Celeriac Soup with Hazelnuts and Crispy Sage. After I tried several recipes, it became clear that the emphasis for this cookbook is on flavors and how certain ingredients interact with each other; e.g., the choice of type of grain can make a huge difference on whether that cookie tastes great or just ok. The recipes are single color (black) but utilize different type faces. The writing is fairly small, so reading is a bit difficult at times. As well, it is always disappointing to find directions in chunky paragraph form rather than numbered steps. Most recipes call for 10+ ingredients - a pinch of this or that, here or there, to add the right flavor. So although the recipes are easy to make, there is quite a bit of preparation.

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