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The Flexitarian Table: Inspired, Flexible Meals for Vegetarians, Meat Lovers, an

By Berley, Peter. Singer, Zoe, Contributor.

Houghton Mifflin. 1 Paperback(s), 2007. soft. Book Condition: New. The James Beard and IACP Awardwinning author of The Modern Vegetarian Kitchen, Peter Berley is also the former chef of New York's vegan Angelica Kitchen so "it sometimes surprises people to learn that I eat not only fish but also poultry and meat," as he notes in his introduction to this deliciously photographed book. Berley also raised two daughters one a strict vegetarian, the other a diehard meat-eater so many of the 150 seasonal recipes here are "convertible," allowing you to add meat or vegetable protein to individual plates without sacrificing flavor or satisfaction, including Crispy Pressed Chicken/Tofu with Garlic and Mint, Portobello Mushrooms/Steak with Bread Crumb Salsa, and White Beans/Shrimp with Brown Butter, served over Soft Polenta. "It's the rare cookbook that encourages the reader not just to cook differently but to think differently about food. In this stylish collection of recipes, Berley introduces a practical approach to flexitarian or part-time vegetarian eating. Organized by season, the menus are cross-cultural and appealing. The recipes, while sophisticated, require only moderate experience in the kitchen. Berley's savvy tips on technique and flavor-pairing make this an affable and informative guide for any chef regardless of diet affiliation." Publishers Weekly (starred...



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