



Vegetarian Times Complete Cookbook

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"Vegetarian Times Complete Cookbook" is your definitive cookbook for vegetarians with more than six hundred delicious recipes, including vegetarian classics, meatless variations of American favorites, international dishes, healthful desserts, and more--plus, tips on cooking techniques, types of vegetarian diets, and health concerns.

Vegetarian Times Complete Cookbook Details

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Sarah says

This particular copy I obtained from my mother. There is another copy on my shelf I need to return to a friend of mine who was gracious to lend it to me (well over 2 years ago). I like to read through it, figure out if I have any of the ingredients to some of the recipes. If not, I'll find substitutes online or test it out on my boyfriend for dinner. This book did help me start off my vegetarian lifestyle and enhance my palate. I will never 'finish' this book because I don't believe cookbooks can be 'finished'.

Virginia Campbell says

"Vegetarian Times Complete Cookbook", by Lucy Moll and Vegetarian Times, is a taste-filled tutorial feting the vegetarian lifestyle and offering a veritable veggie feast of over 600 recipes. It certainly lives up to being called "complete", fully explaining the various types of vegetarian eating, and also including invaluable health and nutrition information. The guide to stocking your pantry with staples and the menu planning suggestions are very helpful, especially if you are new to the vegetarian lifestyle. The recommended cooking methods and food preparation techniques will aide you in making the most of the meal ingredients. The book does not include a photo of each recipe, but there are two inserts of color photos of selected prepared meals which look very tempting. The hundreds of recipes cover all meal courses and provide nutrition information for each dish. Some highlights include: "Mushroom Caps Stuffed with Basil, Sun-Dried Tomatoes and Parmesan"; "Garlic Toasts with Black Olive Tapenade"; "Classic Minestrone"; "Potato-Leek Soup"; "Antipasto Platter"; "Fennel-and-Red Onion Salad"; "Twenty-Minute Pasta Salad"; "Apple-Carrot-Pineapple Salad"; "Calzones with Sun-Dried Tomatoes and Garlic"; "Eggplant Parmesan"; "Creole Vegetable and Red Bean Jambalaya"; "Good Shepherd's Pie"; "Garden Vegetable Quiche"; and many other recipes for individual side dishes. The dessert section is delectable: "Pears in Raspberry Sauce"; "Layered Berry Parfaits in Champagne Glasses"; "Grand Marnier Souffle"; "Chocolate Ricotta Cream"; "Maple Rum Rice Creme with Chocolate Sauce"; "Chocolate-Espresso Cake with Espresso Sauce"; and many desserts made with a wonderful variety of fruits.

Heather F says

This has been my go-to vegetarian cookbook for over a decade.

Doug Matthews says

This is a great vegetarian cookbook. For my first 7-8 years as a vegetarian we read Veg Times magazine every month and cooked its recommended recipes regularly. It was great when the book came out!

Andrea says

This is my favorite veggie cookbook! Great diversity in recipes both ethnically and from a skill set level. There are awesome chapters about cooking both legumes and rice, giving cooking and soak times along with tips. All of the recipes have the calorie, protein, fat, carbs, etc. listed along with very honest serving amounts. Also most recipes have a "what to serve with or after" note in the description to help complete the meal, when you've never tried the dish. My Favorite? Lentil Burgers!!!

Liz says

I love getting Vegetarian Times magazines. They have great recipes that are usually seasonal and almost always interesting. That said, I haven't been overly impressed with this cook book. It could have used much better editing. I think I'd be better off relying on the Vegetarian Times Web site, which has a super recipe database.

Jamie says

Text and philosophy in the beginning of the book were quite interesting. The recipes less so.

Julia says

Includes a decent overview of the various reasons to eat vegetarian, including good articles about health and disease prevention and environmental concerns. Information on nutrition is up to date (disspells the protein combining myth)but not necessarily complete or accurate on all counts (if you are concerned about gluten in the diet do not rely on this book for accurate information or recipes). Recipes are varied and designed to apply to a wide variety of tastes and to tempt the cook with decadence (perhaps to prove the point that vegetarian food isn't just carrot sticks). However, if you are already a vegetarian, and looking to loose weight or get even healthier (like myself), these recipes probably won't do the trick.

Deb Oestreicher says

There are a lot of good recipes here but the cookbook is uneven. This should probably be expected for a cookbook that collects recipes from many issues of a magazine. The selection of recipes is large and comprehensive and recipes are organized into useful categories but they have apparently not been reviewed to make them consistent with each other.

For example, one vegetable stock recipe says it can keep in the refrigerator for up to three days; another says it can keep for up to a week.

There is no reason the two recipes wouldn't keep for the same amount of time.

It is a better cookbook for poring through to get ideas than to use precisely as written. Many different (anonymous) recipe writers have contributed so there's not that feeling of trust you have when using a single-author cookbook.

Dixie Diamond says

I stumbled across this for \$6 at Half-Price Books and consider it to have been a bargain.

I *like* that this is such a basic, "boring", cookbook. It was written before exotic ingredients in vegetarian dishes got to be so fashionable, so almost everything in it is made from normal things that you can find at normal grocery stores. Seitan, shiitake mushrooms, and a few other things seem to be about the extent of the "offbeat-ness" of ingredients. I understand that a lot of people are looking for something more outlandish, but I usually can't find it and couldn't afford it if I did, so rearranging kitchen staples is OK by me. Besides, last time I checked, there is no law on the books that says you have to follow a recipe as written--use these as starting points and add your own twists.

These seem to be pretty substantial recipes, too. It's not just rabbit food. Things could be substituted pretty easily and, of course, you could always add meat (sorry). The seasonings are often a little unexpected without being weird or requiring things that you're unlikely to have on hand in a pinch.

Katie Kenig says

While I'm not a vegetarian, I don't eat very much meat (and have "vegetarian days" so to speak). I have a hard time on those days feeling like I'm "eating right" by getting enough vegetable protein and the proper balance of nutrients. This book is excellent for non-vegetarians dipping their toes into the no-meat pool. The recipes are accessible, easy to prepare, and so good they make you forget you're eating vegetarian.

Sally Pomeroy says

Urgg. I'm giving up on this one after only five recipes, even though I shopped for twelve. There were just too many problems with the recipes - even the good ones needed modification.

I had a party to go to so I started out with an appetizer, Bermuda Onion Toasts. A slice of toasted baguette is topped with onions cooked in red wine with sage and thyme. It sounded unusual but appetizing, and I was cooking for a fairly sophisticated crowd. The recipe made way too much onion mixture, which was also made up of long thin strings of onion, so I had to chop it all after cooking. Even though the flavor was good, with ten years of catering knowledge of what people will and won't eat at a party, I decided to put the onion mixture on top of neufchatel cheese. it got rave reviews.

for cooking at home I was looking for recipes that used beans, grains, and or greens. All of the grain recipes, save one, are for rice. I guess that's an indicator of the age of the book.

Moroccan vegetable soup was OK, there's not much to say about it. Indian Style Risotto came out pretty good, after cooking it 15 minutes longer than the directions, and adding something tart and salty, if I had had them on hand this would have been very good with pickled lemons.

The vegetable stock recipe was Ok, not very appetizing. But the big disaster that turned me against the book was Twenty Minute Minestrone, which wasn't either. this is the kind of thing that gives health food a bad

name. I tried cooking it longer, eventually up to two hours, but it never improved. The whole big pot, and I mean big, went down the garbage disposal.

Now I can't look at any of the rest of the recipes I was going to try with anything other than dread. And since there's no fun material to read along with the recipes, this one goes in the yard sale box.

Amie says

Mostly use only a few recipes from this cookbook: Couscous pilaf with sun-dried tomatoes, tabouli, fettuccine alfredo, asparagus risotto with mushrooms and sun-dried tomatoes, mushroom and wild-rice. I mostly use it for brainstorming and then find other versions of the recipes elsewhere.

Lindsay says

This cookbook is indeed what it's title suggests-complete....completely boring as well. There are a ton of vegetarian recipes here, but there's nothing new or exciting. If you need some basic recipes, this is a good cookbook for you, but if you like to live on the edge a little, splurge for Veganomicon.

The beginning of this book contains a couple of chapters going into the reasons to be vegetarian and the types of vegetarians out there. I kept thumbing through the pages, trying to get to the part with the recipes.

Stacy says

Eh, this one is worth checking out at the library. My complaints:

- 1) Not enough pictures. I appreciate visuals when it comes to food I'm going to spend time and money preparing - I want to see a vision of the goal!
- 2) Typos! Several recipes had typos that left me scratching my head and rendered the recipe incomplete.
- 3) Too much reliance on "meat substitutes", which many omnivores don't care for. I guess if you're a vegetarian or vegan, tofu, seitan, tempeh and fake meat might be your staples. But the heavy emphasis on these products in most of the entree recipes makes the book less accessible to omnivore readers.

The baked goods section was the most down-to-earth part of the book.
