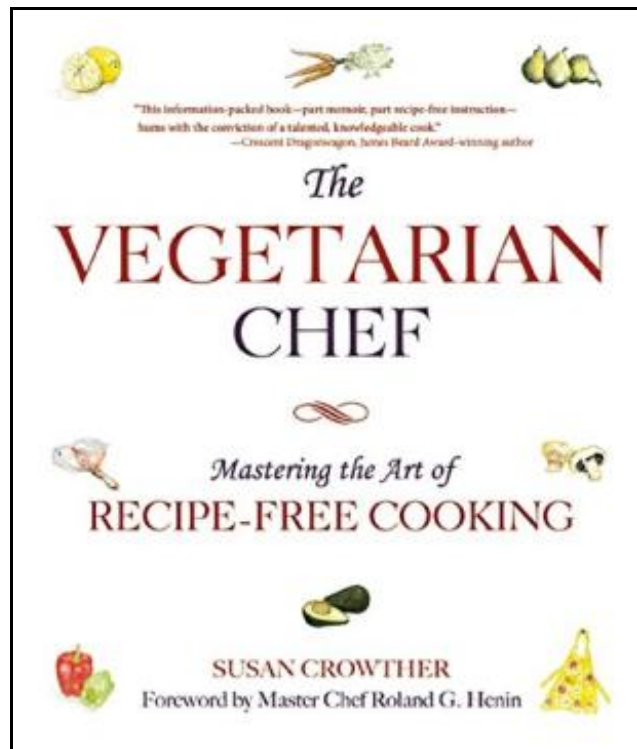


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THE VEGETARIAN CHEF: MASTERING THE ART OF RECIPE-FREE COOKING

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Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, The Vegetarian Chef: Mastering the Art of Recipe-Free Cooking, Susan Crowther, Mastering the Art of Recipe-Free Cooking "This information-packed book-part memoir, part recipe-free instruction-hums with the conviction of a talented, knowledgeable cook." - Crescent Dragonwagon, James Beard Award-winning author Thanks to the constant availability of takeout, frozen dinners, and fast food restaurants, for the majority of Americans, cooking has become a spectator sport-an entertaining activity you watch on television, but not something to try at home. The Vegetarian Chef is a warm and funny instructional guide that addresses this issue head-on. Rather than simply collecting recipes, author, chef, caterer, and nutritionist Susan Crowther offers people something even more useful-an understanding of how to cook. The Vegetarian Chef is a commonsensical and creative approach to preparing delicious plant-based meals, focusing on principles, intuition, and integrity. Cooking is also explored holistically, incorporating aspects such as local ingredients and "green cooking." From preparing simple salad dressings to simmering soup stocks to kneading dough for bread, Crowther takes the intimidation factor out of cooking by giving readers the basic information and tools they need for culinary success. Once you understand a few basic rules and generally what ingredients in what proportions are necessary for certain dishes, you'll be free to confidently experiment with all sorts of culinary creations. With a handful of easy-to-follow cooking time charts and shopping lists, plenty of warm advice, and a pinch of humor, Crowther welcomes aspiring cooks on a fun and exciting culinary adventure.

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