



Vegetables Every Day: The Definitive Guide to Buying and Cooking Today's Produce With More Than 350 Recipes

Jack Bishop

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The fresh vegetable sections in most supermarkets, farmers' markets, and gourmet groceries are overflowing with an amazing range of produce, both familiar and exotic. Consumers are tempted by kale and kohlrabi, taro and tomatillos, bok choy and burdock, along with all the familiar choices. Now acclaimed cookbook author and food writer Jack Bishop offers a comprehensive A-to-Z guide to this bounty of produce, complete with selection tips, preparation instructions, and hundreds of recipes for more than sixty-six commonly available vegetables. With Bishop's expert advice, you'll learn how to coax the very best flavor from every vegetable, whether it's a carrot, cauliflower, or cardoon. Wondering how and when to buy the sweetest green beans? Bishop suggests buying at the height of summer, and selecting beans that are crisp and slim (older, thicker beans will be mealy and bland). Confused about how to cook the spring's first sorrel? Bishop offers such unique and delicious dishes as Sorrel and Potato Soup and Sorrel Frittata. These recipes -- like all 350 in the book -- are clear and uncomplicated, ensuring success for even the novice cook. So whether you are looking for a salad or side dish, a vibrant main course, or simply great mashed potatoes, you are sure to find it in this essential kitchen companion. We all know that vegetables are the key to healthful eating -- now it's time to discover how great they can taste, each and every day!



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