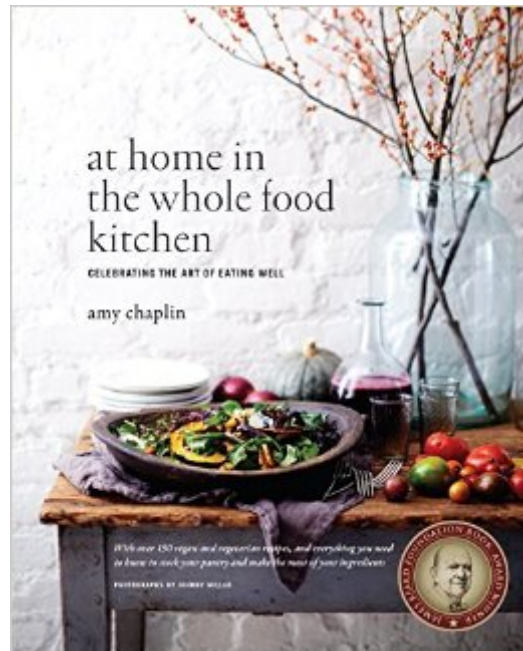


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At Home In The Whole Food Kitchen: Celebrating The Art Of Eating Well



Synopsis

James Beard Award Winner (Vegetarian) IACP Award Winner (Healthy Eating) A sophisticated vegetarian cookbook with all the tools you need to be at home in your kitchen, cooking in the most nourishing and delicious waysâ”from the foundations of stocking a pantry and understanding your ingredients, to preparing elaborate seasonal feasts. Imagine you are in a bright, breezy kitchen. There are large bowls on the counter full of lush, colorful produce and a cake stand stacked with pretty whole-grain muffins. On the shelves live rows of glass jars containing grains, seeds, beans, nuts, and spices. You open the fridge and therein you find a bottle of fresh almond milk, cooked beans, soaking grains, dressings, ferments, and seasonal produce. This is Amy Chaplinâ”s kitchen. It is a heavenly place, and this book will make it your kitchen too. With her love of whole food and knowledge as a chef, Chaplin has written a book that will inspire you to eat well at every meal. Part One lays the foundation for stocking the pantry. This is not just a list of food and equipment; itâ”s real working informationâ”how and why to use ingredientsâ”and an arsenal of simple recipes for daily nourishment. Also included throughout are tips on living a whole food lifestyle: planning weekly menus, why organic is important, composting, plastics vs. glass, drinking tea, doing a whole food cleanse, and much more. Part Two is a collection of recipes (most of which are naturally gluten-free) celebrating vegetarian cuisine in its brightest, whole, sophisticated form. Black rice breakfast pudding with coconut and banana? Yes, please. Beet tartlets with poppy seed crust and white bean fennel filling? Iâ”ll take two. Fragrant eggplant curry with cardamom basmati rice, apricot chutney, and cucumber lime raita? Invite company. Roasted fig raspberry tart with toasted almond crust? There is always room for this kind of dessert. If you are an omnivore, you will delight in this book for its playful use of produce and know-how in balancing food groups. If you are a vegetarian, this book will become your best friend, always there for you when youâ”re on your own, and ready to lend a hand when youâ”re sharing food with family and friends. If you are a vegan, you can cook nearly every recipe in this book and feed your body well in the truest sense. This is whole food for everyone.

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Customer Reviews

I own a few hundred cookbooks but only a dozen or so are favorites that live on my kitchen shelf. At Home in the Whole Food Kitchen has quickly earned a spot in that group. From the quality of the paper to the gorgeous photography and the fantastic recipes, I love everything about it! To me, this book is an invitation to engage in the nourishing rituals of shopping for quality ingredients (whole, seasonal, local, organic) and preparing them in a way that delivers maximum taste and health benefits. Amy Chaplin's professional background shines through these pages: her experience as a chef, recipe developer and teacher is evident in the perfectly composed recipes and the clear, concise instructions. The first part of the book offers thoughtful, well-edited sections on ingredients, equipment, and techniques, where Amy shares a cooking philosophy that is gentle for our health and for the planet: practical strategies to reduce plastic use; methods for soaking and preparing grains, beans and nuts; etc. This is followed by more than 150 inspiring recipes that comprise a nice balance of simple, quick recipes for busy days and recipes that require more time or involve several components. Throughout the book Amy offers several suggestions for meal/menu composition and I especially enjoyed her description of "a week of meals in my kitchen." There are also many great tips that will enhance my cooking skills; for example, Amy suggests adding an umeboshi plum instead of salt when cooking rice and the result is indeed very good.

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