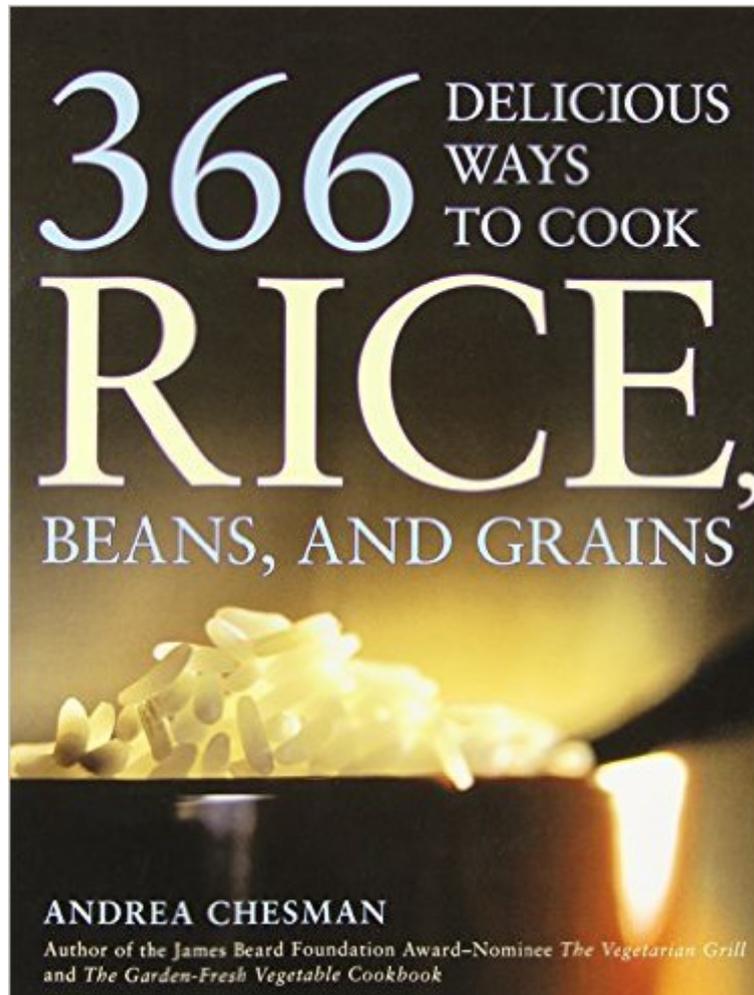


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366 Delicious Ways To Cook Rice, Beans, And Grains



Synopsis

Andrea Chesman presents 366 creative and flavorful "natural gourmet" recipes using a wide variety of beans and grains, like basmati and jasmine rice, adzuki beans, amaranth, and quinoa. Organized by course and main ingredient, these dishes range from light and lively starters to hearty and soul-satisfying foods that stick to your ribs but not to your waistline. American favorites are well represented here, but adventurous cooks will be pleased to find ethnic cuisines dominating this mouthwatering collection, including such recipes as: Healthy Mediterranean diet-inspired recipes Spicy Vegetable Couscous Pesto Pasta with Cranberry Beans Smoky Black Bean Burritos Jamaican-Style Rice and Peas This wonderful addition to our 366 Ways series features foods that are among the most versatile and healthful in the human diet, not to mention absolutely delicious. Recipes are high in flavor, low in fat. Each recipe includes a detailed nutritional analysis, which counts calories, fat, percentage of calories from fat, protein, fiber, sodium, and calcium. Vegetarian dishes dominate the collection, but healthful variations include salmon, shrimp, and chicken.

Book Information

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Customer Reviews

This is one of the best cookbooks I own (and I own a lot of them). Chesman starts out the book by going through everything you really need to know about legumes, rice and grains -- the different types, how each should be bought, stored and used, what each is good for, what each tastes and feels like in the mouth, etc. Her shopping and storing tips are worth the price of the book alone, but

the recipes take it into the realm of the sublime. The book is well organized by broad chapter, e.g., beans, or rice & beans, with a clear listing of the recipes in each chapter and then the recipes themselves. Each recipe opens with a brief description of the dish or a positive feature about it and is then followed by a very clear list of ingredients and cooking instructions that are almost impossible to mess up. Chesman also gives nutritional content info including the overall protein, fat, sodium, and fiber of each dish, as well as the percentage of calories from fat. Most of the dishes are, or can very easily be, vegetarian, but she gives instructions on how to add meat and make certain dishes more traditional, such as adding salt pork to boston baked beans. She also gives alternatives such as turkey bacon for some dishes, so that the recipes can be adapted for vegans, non-vegan vegetarians, non red-meat eaters, etc. So far I have made Mediterranean White Bean Soup with Fennel, Pasta with Broccoli Rabe and Chickpeas, and Brown Rice and Lentils. All have been unbelievably great and really easy. The dishes freeze well so busy people can make a lot and freeze them in single-serving bowls, or have a party and feed a lot of friends or family without a lot of work. This book has a lot of great ways to add vegetables and protein to one's diet and get a lot of flavor without a lot of fat. All cookbooks should be this great. I can't recommend it highly enough.

The book has a number of strong points: the recipes are usually low in fat, there are many suggestions for vegetarian dishes but also options to add in meat, every pulse you can think of is covered and a good number of the recipes use time saving products such as already processed barbecue sauce or tomato paste etc. This has its benefits but also, in the case of some items, if you are located in Europe the suggested items aren't readily available. The book extensively covers different types of rice, grains, beans etc, and contains information on soaking and cooking times. There is a large section on deserts, rice puddings and other kinds of sweets with some original suggestions. Overall, however, few of the recipes sparkle with creative flair, many are variations of what you intuitively mix together yourself if you are moderately creative and have a well stocked kitchen. If you are an experienced cook looking for creative and exciting input, i.e. you flick through books and then assimilate suggestions to incorporate into your own cooking you might want to have a look at the Ajurvedic cookbook by Mirjam Gazin Hospodar, which also has many grain, rice etc recipes, however not low-fat and more time intensive than the rice beans and grain cookbook. If you 1) are not experimental when cooking 2) want step by step solid instructions 3) don't like spending ages in the kitchen 4) like healthy low-fat fare 5) want a good summary of grains, rice, pulses and how to treat them and don't already have a book, then this book is a very good choice for you.

I'm a returning student and eating out was one of the things I had to give up to survive on my smaller budget. This cookbook helps because I can make meals that I like better than most restaurant food with little fuss and cheap ingredients. The recipes are easy to follow and the introductory content helped me understand the basics of bean preparation so I don't have to rely on over-priced, high-sodium content canned beans!

I ordered three whole grains/beans cookbooks at one time, and so far this one has been my favourite by FAR. I feel as though I will be able to happily cook through this book from cover to cover. I like the author's criteria for a good bean or grain recipe:1) should taste great2) should be quick and easy to make3) should not require following a recipe slavishlyI couldn't agree with her more.

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