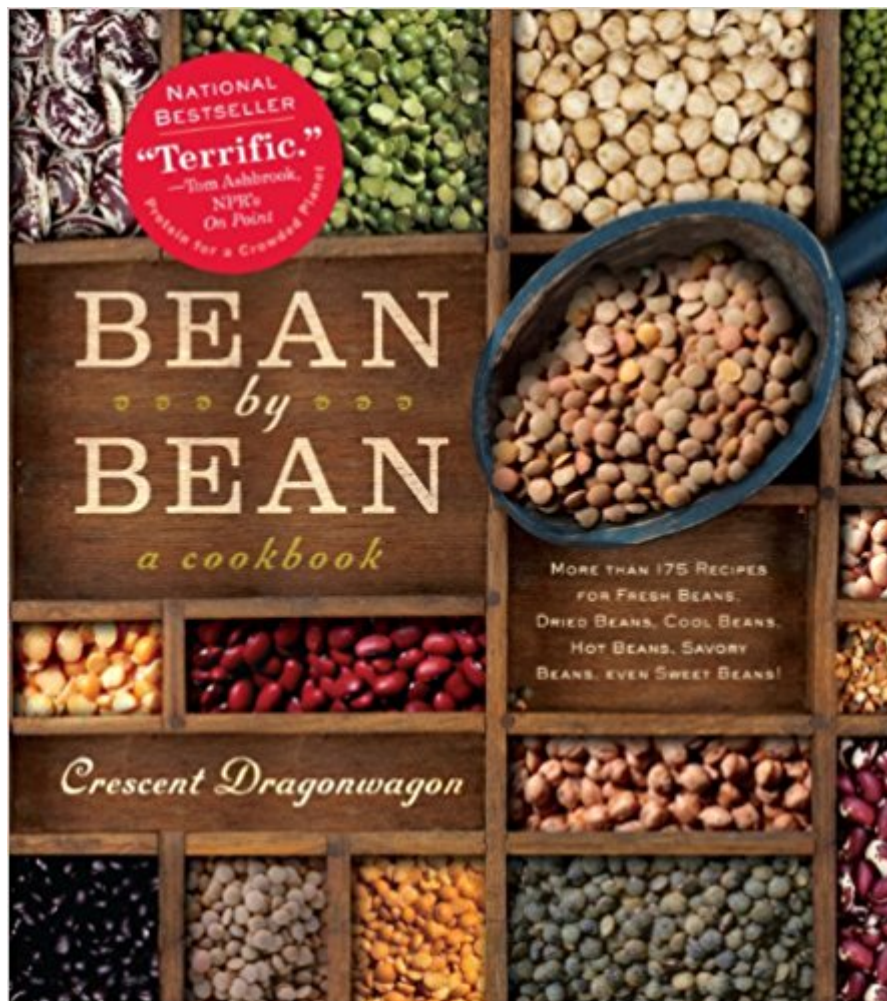


The book was found

Bean By Bean: A Cookbook: More Than 175 Recipes For Fresh Beans, Dried Beans, Cool Beans, Hot Beans, Savory Beans, Even Sweet Beans!



Synopsis

Has there ever been a more generous ingredient than the bean? Down-home, yet haute, soul-satisfyingly hearty, valued, versatile deeply delectable, healthful, and inexpensive to boot, thereâ€™s nothing a bean canâ€™t doâ”and nothing that Crescent Dragonwagon canâ€™t do with beans. From old friends like chickpeas and pintos to rediscovered heirloom beans like rattlesnake beans and teparies, from green beans and fresh shell beans to peanuts, lentils, and peas, Bean by Bean is the definitive cookbook on beans. Itâ€™s a 175-plus recipe cornucopia overflowing with information, kitchen wisdom, lore, anecdotes, and a zest for good food and good times. Consider the lentil, to take one example. Discover it first in a delicious slather, Lentil Tapenade. Then in half a dozen soups, including Sahadiâ€™s Lebanese Lentil Soup with Spinach, Kerala-Style Dahl, and Crescentâ€™s Very, Very Best Lentil, Mushroom & Barley Soup. It then turns up in Marinated Lentils De Puy with Greens, Baked Beets, Oranges & Walnuts. Plus thereâ€™s Jamaica Jerk-Style Lentil-Vegetable Patties, Ethiopian Lentil Stew, and Lentil-Celeriac Skillet Sauce. Do the same for black beansâ”from Tex-Mex Frijoles Dip to Feijoada Vegetariana to Mayaâ€™s Magic Black Beans with Eggplant & Royal Rice. Or shell beansâ”Newly Minted Puree of Fresh Favas, Baked Limas with Rosy Sour Cream, Edamame in a Pod. And on and onâ”from starters and soups to dozens of entrees. Even desserts: Peanut Butter Cup Brownies and Red Bean Ice Cream.

Book Information

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Customer Reviews

I've been going through a beans-and-grains phase for the past few months. Soaking, cooking, and freezing are pretty much part of my routine - but I tend to get into a rut in terms of recipes, once I find something I like, is easy to make in a pretty big quantity, and my family will eat. So we eat a lot of mjadarah (with rice or bulgur) and bean/vegetable soups, or cold salads with beans and greens. I tend to flavor cooked beans with cumin/coriander, chilis, and stuff like that, and cold beans with coarse salt, a lot of lemon, and olive oil, as well as either fresh parsley, coriander, or mint. It's just the way I roll. I ordered this book hoping to learn something about beans and to get some inspiration for new ways of cooking beans, and I find it to be a really successful book. So far I've tried quite a few of the recipes, and all of them have been just excellent. As a pretty experienced home cook, I know how to read a recipe and to adjust the quantities and seasonings in order to suit our tastes, but the first time around, I usually make the recipe as it's given. The recipes in this book are easy to follow, they mostly contain ingredients that one can get easily enough, and they turn out great. Also, the author gives a lot of variations without overwhelming the reader. In most cases, it's easy to vegetarianize or veganize the few meatist recipes according to one's habits, and I guess that omnivores can also figure out how to add bacon if they're in the mood. Incidentally, I am so happy this book focuses on simple real foods and not on highly processed faux-meat - that's one of the things that tend to be a big turn off in some popular vegan cookbooks. I plan to make my way through more recipes in the near future.

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