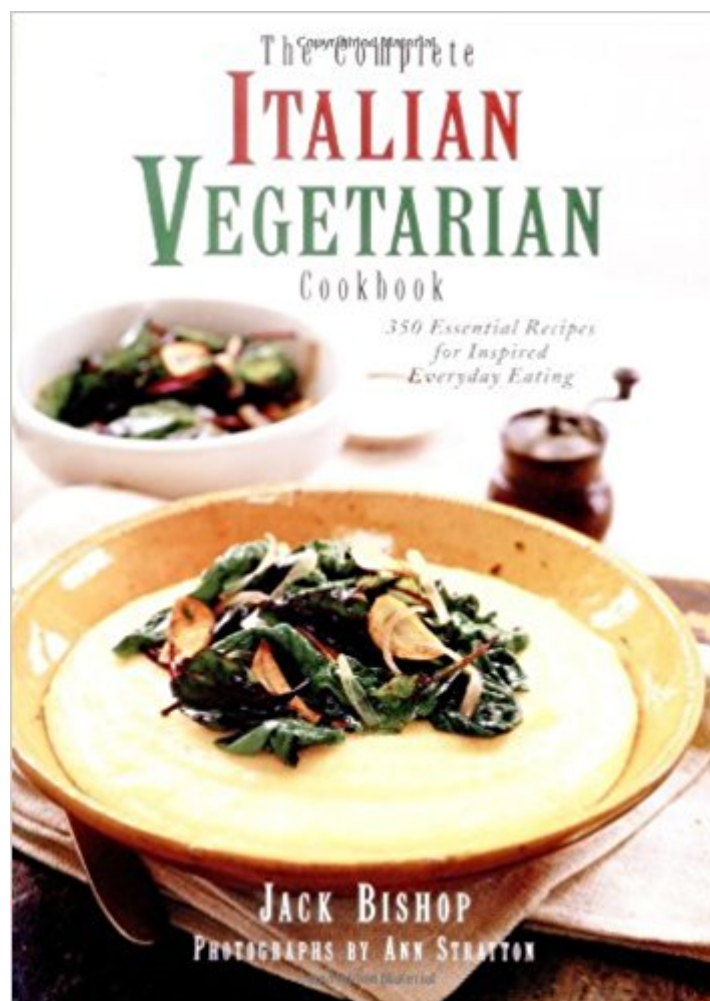


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# The Complete Italian Vegetarian Cookbook: 350 Essential Recipes For Inspired Everyday Eating



## Synopsis

This uniquely accessible collection draws together the best vegetarian recipes of Italy-350 in all.

'Pasta and pizza may be Italy's most eye-catching exports, but it is the country's varied and sensible use of vegetables that provides the best inspiration for American cooks,' writes Jack Bishop.

'Asparagus spears coated with a little olive oil and roasted to intensify their flavor; thick slices of country bread grilled over an open fire and topped with diced tomatoes and shredded basil from the garden; or a fragrant stew with fennel and peas-Italians enjoy these dishes because of what they do contain, not what they don't.' Many of the recipes were gathered by Bishop during extensive travels throughout Italy. Some are family favorites, adapted from those of his Italian grandmother. All deliver perfect results with a minimum of effort. Serving suggestions for each recipe make planning vegetarian meals easy.

## Book Information

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## Customer Reviews

I come to you deliriously happy after having eaten Bishop's mozzarella and tomato tart with a basil and garlic crust. My husband had to be physically restrained from eating until he was in pain (I had to whisk the tart off to the kitchen, but he vowed to finish it late tonight). All this and I didn't even make the recipe right! I used canned whole tomatoes sliced (no fresh on hand), dried basil (again no fresh around), and didn't wait the extra hour to let the tart dough rest in the fridge before baking it. No matter, it was extraordinary. I'll need to go into a recovery program if I make it the right way! But this is the beauty of this book. He gives these extraordinary yet simple recipes and encourages you

to think for yourself. Like his mentor told him and he passes along to us, take what is simple and good and bring it together. Inspired. This is one of those cookbooks that doesn't just give you recipes but gives you ideas. Bishop also simplifies some recipes that have been intimidating to me. He makes polenta so simple, I have made it twice now while busy doing other things. I just go in and give it a stir every ten minutes. It was lovely. I wanted to make the garlicky greens on the cover of the book, but found I had no chard. I made it with fresh broccoli florets, and it was a pleasure. The instructions for risotto are likewise easy and encouraging. All the recipes in this book can be made without fuss and turn out impressively. This is a cookbook for real people, who don't have time to cook all day, and normal kitchens. This is absolutely my favorite cookbook. I make my first risotto next week!

It is clear after using this cookbook that the author is not only an accomplished chef and dedicated vegetarian, but also that he spent time living in Italy (Florence), thoroughly understands the mixture of flavorings in Italian cooking and the importance of fresh ingredients AND is a busy family man who doesn't have hours every night to spend in the kitchen! Whether you are a vegetarian (as I am) or a meat-eater who loves Italian food, this is a must have for your cookbook library. The recipes in this book are incredible and numerous - there are sections for all kinds of Italian specialties, including pizza, risottos, pasta, salads, antipasto, frittatas, legumes, panini, dolci (desserts), vegetable sides and main dishes, etc., etc. For the most part, the recipes are simple to make and not too time consuming and use easily available, fresh and healthy ingredients. Included in the Introduction to the book are suggested menus for varying occasions and seasons. All-in-all one of my favorite cookbooks in my large collection, and one I go to time and time again for delicious, healthful, Italian meals.

First, I'd like to urge the reader below who gave the title a single star to please try another recipe from the book. (Might I recommend the FANTASTIC recipe for baked tomato and potatoes and herbs... Not bland, at all, and it takes perhaps an hour to prepare, and 40 minutes to cook. But please start with a Good olive oil, and fresh tomatoes, or you'll be quite disappointed, good ingredients are often the key to a successful recipe.) I'm a full time student, and I work 35 hours in addition to that, and I never find these recipes too time consuming, (unless of course, I'm tackling lasagne.) This book has been my source for improvisation and inspiration in the kitchen for about a year and a half. It is my favorite cookbook by far, and I use it for special occasions and when I want to impress my friends, many of whom have been to Italy, and are surprised at the authentic flavor I am able to

produce. However, I would tend to agree with the anonymous reviewer in Seattle when he/she states that the recipes are not always "low fat."

A book has to really, really "WOW" me (or thoroughly disgust me) before I am willing to write a review. This cookbook obviously falls into the former category since I gave it five stars, and although it has all of the glowing reports it needs, I feel compelled to add my raves to the rest. I bought this book after my teenage daughter turned vegetarian in the hopes of finding a cookbook that would inspire me to make food that the whole family would enjoy. That means delicious enough that my non-vegetarin kids would eat it, gourmet enough that it satisfies my husband's soul as well as his tastebuds, and simple enough that I don't go off the deep end trying to prepare dinner while simultaneously helping kids with homework night after night. This book fits the bill. The food is authentic, simple, elegant, generally kid-friendly (ok, so I don't make the recipes with mushrooms or eggplant and expect my kids to fall all over themselves vying for seconds), and deliciously soul-satisfying. It is everything I look for in a cookbook and (sadly) very seldom find.

This is a terrific book. I cannot say enough great things about it. I originally purchased it from a store bookshelf after comparing it to many other Italian cookbooks a few years ago. I've since bought copies for relatives who love it too. By the way, none of us are vegetarians. My first favorite thing about it is that it can be read like a book, because it has wonderful intros to each of the sections and interesting notes about each recipe. I learned alot about Italian cooking and a deeper appreciation for the amazing creation of vegetables and how to celebrate them! Jack Bishop's attitude reminds me of my Dad's who is also of Italian heritage and loved to cook too. Jack Bishop's complete step-by-step instructions and chapter set up provide the cook with a freedom to improvise and change ingredients with confidence; to go off and make a creation of their own from his "basic" recipe. Yet, he also provides specific recipes, so if you're not in the mood to be creative, you have full recipes to pick from also. It's far more than just an accumulation of recipes here. I wish every cookbook was set up this way! I learned so much from this book!!!!

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