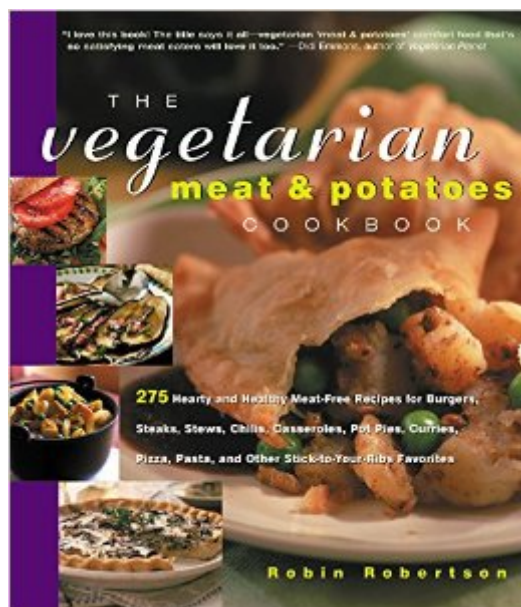


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# The Vegetarian Meat And Potatoes Cookbook



## Synopsis

Eating vegetarian doesn't have to mean giving up the satisfaction of mouthwatering, stick-to-your-ribs comfort foods. The Vegetarian Meat & Potatoes Cookbook recasts classic all-American "meat and potatoes" food in a healthier role, from family-style foods to gourmet specialties to ethnic favorites. It will revolutionize the way you think about vegetarian food. Recipes include: Tapenade-Stuffed Red Potatoes Spicy African Sweet Potato Stew Meat-Free Meatloaf with Good Gravy Cajun Red Bean Burgers Chipotle-Glazed Portobello Fajitas Eggplant Teryaki Sloppy Giuseppe's Total Chocolate Eclipse Cake

## Book Information

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (55 customer reviews)

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## Customer Reviews

As a meat eater and lover, I enjoy using this cookbook to prepare meals without meat about once or twice a week. Its clever use of the word "meat" in its title grabbed my attention in the bookstore, and its 275 recipes promises a wide variety of experimentation in the kitchen. Robertson uses a lot of tofu and eggplant as substitutes to meat. Prior to reading this book, I ate eggplant about twice a year, always breaded, fried, and fattening. You had to cover my fried eggplant in Louisiana hot sauce to make it edible. As for tofu, I ate it occasionally, sliced, fried and boring, and usually found it rather tasteless and rubbery. Robertson has rescued me from both of these self-inflicted culinary disasters. The derivation of Robertson's recipes are Asian, Chinese, French, Latin, and what is now becoming known as "New American." She uses ginger, garlic, and soy sauce as the base for many recipes, and teaches you how to cleverly turn mushrooms, green beans, and eggplant into some pretty good meat type dishes. I eat meat because it makes me feel satiated-that is, I enjoy the flavor

and texture of meat, and the fat tells my stomach I have eaten. Vegetables can be disappointing in all three of these important aspects of eating. But, I have to honestly say, with Robertson's help, my argument for eating meat is weakened. I'm working against generations of cultural conditioning relevant to my insistence on eating meat, and with Robertson's help, I hope to one day free myself from its shackles. Time and experimenting with Robertson's recipes will tell. One of the best aspects of this book is the simple ingredients contained in the recipes. I live in bit of a provincial type town, where exotic vegetables and spices are hard to come by. I'm not a chef either, but found the instructions fairly easy to follow. I recommend you add this book to your collection.

I am not a vegetarian, but my fiance is and I'm not complaining! I certainly eat a lot more vegetables now than ever before and if I can just get the tendency to overdose on carbs under control, all will be well. But another great thing is that I have the opportunity to explore a whole new world of cooking, one of my favorite hobbies. As such, I've bought several vegetarian cookbooks in recent months-- I found recipes that I like in all of them, but by far, my favorite is The Vegetarian Meat and Potatoes Cookbook. Time after time, I pick something out of this book and give it a shot and it turns out delicious. Usually I have whatever it calls for in the cupboard-- not a whole lot of fancy things required here. The meals are normal, filling and feel like nothing special. That may sound bad, but it's not. Sometimes it's nice to just have everyday dinner without thinking about how vegetarian it is. This book is a great one for the non-gourmet vegetarian. Highly recommended.

Vegetarian Meat and Potatoes is possibly the best ever book written for people wanting to go vegetarian, but still hunkering for meat and potatoes, and also for vegetarians, who want to turn their meat-eating friends on to the vegetarian lifestyle. After serving Robertson's recipes at several dinner parties, everyone always exclaims that they didn't know that vegetarian/vegan food could be so delicious. In this era where viruses, bacteria and God knows what lurks around every corner, going vegetarian/vegan is no longer a possible choice. It's the only choice to help keep those little bugs at bay. And where better to begin than with this wonderful guide to a new lifestyle success. If you are vegetarian/vegan, buy this book for yourself, and buy it to give those you love, who haven't yet made the change.

I have been a vegetarian for 10 years. In that time, I have collected several vegetarian cookbooks and scoured hundreds of websites, most of which only contain a few recipes that I actually like. The Vegetarian Meat and Potatoes Cookbook is by far the most valuable cookbook I have ever

purchased. I continue to try new appetizing, filling recipes that become part of my regular repertoire. At first I found the cookbook a bit disappointing because it seemed to have so many "exotic" ingredients. I was expecting more home-style American food, whereas this book contains numerous Asian, Indian, etc inspired recipes. But then I tried some of the recipes, and realized their brilliance. This isn't comfort food because it's always the traditional American foods you grew up with, although it does have some recipes like that. It's comfort food because of the filling textures and flavors, that unlike plates of steamed vegetables, leave you satisfied. I have tried around 30-40 of the recipes in this book, and loved most of them. This is the one cookbook I TRUST is not going to give me flavorless rabbit food. Yes, there is a salad chapter, which I really have not spent that much time on, but the many other recipes are totally worth the price of this book. The only real flaws are the difficulty of finding some of the ingredients, particularly exotic spices or vegetables that can only be found at an [Insert Ethnicity] grocer or a "well stocked grocery store." At best, I might be able to find them 45 minutes away at the nearest Whole Foods. Soemtimes I just end up substituting, and the results aren't always great. Also, the recipes are invariably hugely time consuming to make. 2 hours is not uncommon. I wish she'd make a quick vegetarian meat and potatoes book because I just don't have all night on weeknights to spend cooking.

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