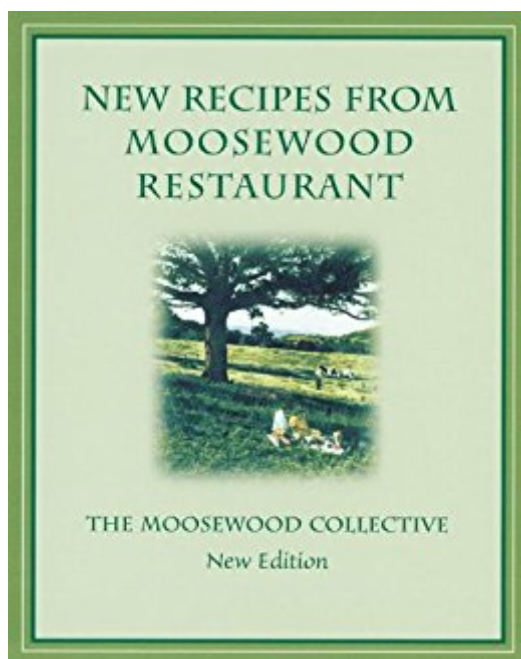


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# New Recipes From Moosewood Restaurant, Rev



## Synopsis

For almost 30 years, Moosewood Restaurant in Ithaca, New York, has been at the epicenter of America's evolving vegetarian cuisine. These 200 classic dishes are as sophisticated and eclectic as the innovative cooks of the Moosewood Collective who serve them. Bon Appétit named Moosewood Restaurant one of the 13 most revolutionary restaurants since the beginning of the 20th century. From soups and sandwiches to main dishes, this spirited collection of creative and accessible recipes will liven up your table.

## Book Information

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## Customer Reviews

Anyone who searched in the 80's for vegetarian recipes found a consistent diet of macrobiotics, imitation meatloaves and pasta recipes. Even the original (wonderful) Molly Katzen books were lacking in the divine. "New Recipes from Moosewood" seemed a true breakthrough to me. Try their salad dressings, try their tofu burgers and tofu falafel. Above all, try the bulgar wheat casserole with feta, zucchini and tomato, the Japanese eggplant and tempeh and YOU MUST NOT MISS THE EGGPLANT STUFFED WITH CURRIED POTATOES AND VEGETABLES. In most, if not all,

recipes, double the spices. Even visitors to the restaurant have described the food as somewhat bland. For instance, for tofu burgers (baked, freezable, and miles above any other "veggie" burger I've run into, use all the spices and half the tofu. And MAKE THEIR PITA BREAD!! They would have done well to omit the dessert section. Common recipes, tending toward the heavy and sweet (Honey Cake, pound cake, fruit cobblers, and so on.). Leans heavily on cheeses (which a creative chef can substitute out, especially with the low fat cheeses available now, 12 years after the book was written) and is light on vegan. But you can't go truly meatless and maintain the sensuality of food without this book.

I've had this book for something like thirteen years now, it's a classic of course and my copy is falling apart it's so well-used. All the recipes I've tried have been well-conceived, well-explained and really good, though I should mention that a few of the dishes sound so dull I haven't even tried them. But only a few, and that's true of any cookbook. But all that is beside the point, since this book is worth FAR more than \$16.95 for one recipe alone: the spinach lasagna bechamel. It's just ridiculously good, and you will make it over and over, whether you're veggie or not (I am not). If only for that recipe, you can not miss with this cookbook and I highly recommend it.

1) The cheese empanada dough. Long before "light" cooking was cool, they devised this dough recipe with yogurt substituting for some of the oil, and adding the acidity traditionally obtained by adding vinegar. The recipe is delicious, but it's this dough that I use for many other purposes (including veggie "beef" empanada stuffing with onions, tomatoes and capers, and mini dried-fruit empanadas for holiday parties.) 2) The "chilaquiles". Not as gooey greasy as the Mexico City version, but delicious. It's a super-fast staple meal in our household. 3) The ratatouille recipe. I make as many batches as I can at summer's end, freezing most in ziploc bags for a burst of sunshine in the dead of winter. 4) The easiest pita bread recipe ever. There are other gems, including the sauces and dressings. I don't see the purpose of the fish chapter, but the breads are great. Make the investment, post your empanada pics and make your friends drool.

I've had this book since 1994 and is falling apart as well. This is my most favorite cookbook I must say for every recipe I've tried comes out perfectly delicious. Obviously not for the veggier-than-thou. But if you love vegetables and are looking for different ways to prepare them this is a wonderful book.

I have been a vegetarian for roughly 20 years and have managed to accumulate about 150 vegetarian cookbooks over the course of my veggie existence. For anyone who is an avid vegetarian cook, Moosewood cookbooks will sooner or later rear their head - mainly because there are quite a few raving reviews. As such, I have owned three Moosewood cookbooks for quite a few years - none of them make it out of my bottom-ten worst cookbooks - and that includes this one. I bought one, hated the recipes, thought I must be crazy because there were so many great reviews, and bought another one only to be disappointed again. Obviously, expectations vary widely as do individual palates - and this particular book falls flat on its face. The recipes are little more than outdated versions of an "let's-find-a-substitute-for-that-meat-centerpiece" approach to vegetarian cooking. Sure, some of the approaches used within this book sound rather appetizing (Buddha's Jewels on p. 83) come to mind - and yet, they cannot live up to their promises. Results are consistently bland and consistency can easily be a turn-off as well. I simply cannot recommend this book - not while other, much better books are available. Instead, opt for Jack Bishop or Carol Gelles - who rarely disappoint. If you want a restaurant cookbook, look for Green's - but be prepared for long recipe lists... For me, Moosewood is more a brand-name than actual substance. I'd stay away but perhaps Moosewood cooking is simply not for me - if you are unsure, buy one book and try it out. If you hate it, you've only lost a few bucks, if you love it (like most others), you will have many more cookbooks to choose from in the future.

I am not a fan of zucchini and eggplant dishes. However, my favorites came from their soups, breads, and tasty side items featured in this book. I was given the book a few years ago and now I have the Kindle edition. My family loves what I make from it.

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