



# How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food

*Mark Bittman*

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**The ultimate one-stop vegetarian cookbook—from the author of the classic *How to Cook***

**Everything** Hailed as "a more hip *Joy of Cooking*" by the Washington Post, Mark Bittman's award-winning book *How to Cook Everything* has become the bible for a new generation of home cooks, and the series has more than 1 million copies in print. Now, with *How to Cook Everything: Vegetarian*, Bittman has written the definitive guide to meatless meals—a book that will appeal to everyone who wants to cook simple but delicious meatless dishes, from health-conscious omnivores to passionate vegetarians.

*How to Cook Everything: Vegetarian* includes more than 2,000 recipes and variations—far more than any other vegetarian cookbook. As always, Bittman's recipes are refreshingly straightforward, resolutely unfussy, and unfailingly delicious—producing dishes that home cooks can prepare with ease and serve with confidence. The book covers the whole spectrum of meatless cooking—including salads, soups, eggs and dairy, vegetables and fruit, pasta, grains, legumes, tofu and other meat substitutes, breads, condiments, desserts, and beverages. Special icons identify recipes that can be made in 30 minutes or less and in advance, as well as those that are vegan. Illustrated throughout with handsome line illustrations and brimming with Bittman's lucid, opinionated advice on everything from selecting vegetables to preparing pad Thai, *How to Cook Everything: Vegetarian* truly makes meatless cooking more accessible than ever.

## Praise for *How to Cook Everything Vegetarian*

"Mark Bittman's category lock on definitive, massive food tomes continues with this well-thought-out ode to the garden and beyond. Combining deep research, tasty information, and delicious easy-to-cook recipes is Mark's forte and everything I want to cook is in here, from chickpea fries to cheese soufflés."

—Mario Batali, chef, author, and entrepreneur

"How do you make an avid meat eater (like me) fall in love with vegetarian cooking? Make Mark Bittman's *How to Cook Everything Vegetarian* part of your culinary library."

—Bobby Flay, chef/owner of Mesa Grill and Bar Americain and author of the *Mesa Grill Cookbook*

"Recipes that taste this good aren't supposed to be so healthy. Mark Bittman makes being a vegetarian fun."

—Dr. Mehmet Oz, Professor of Surgery, New York-Presbyterian/Columbia Medical Center and coauthor of *You: The Owner's Manual*

## How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food Details

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# From Reader Review How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food for online ebook

## Scott says

This is a variation on Bittman's more famous cookbook. We have been eating less meat, but simply removing meat from a recipe doesn't always work. I picked up this cookbook to get some ideas for more meatless dishes. It is very nice. There are a few things I really like about the cookbook. The first is that it contains more than recipes. It talks about how to buy, store, prepare, and cook many types of fruits and vegetables which is pretty useful. The thing that I like more is that Bittman provides insight and suggestions for variations on many of the recipes. Being someone who likes to tinker with a recipe this is really handy as it provides me a somewhat proven path to tinker along.

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## Steven Peterson says

This is an interesting cookbook. Mark Bittman, who has created other cookbooks, takes a shot at a vegetarian cookbook. One nice wrinkle--he shows Vegans how they can adapt some of these recipes to their needs. He begins by noting that (Page ix) "Increasingly, Americans are becoming 'flexitarians,' a recently invented word that describes both vegetarians who aren't that strict and meat-eaters who are striving for a more health conscious, planet friendly diet." He follows up by noting, simply, that (Page x): "A diet that is high in vegetables, fruits, whole grains, and legumes is a healthier diet than one that isn't."

Some nice features aside from the recipes: a section on key ingredients that one needs in the kitchen, required equipment for cooking, various kitchen techniques (how to sharpen knives, different ways of "cutting" with knives, measuring, different methods of cooking (e.g., steaming, sautéing, braising, etc.)). Then, on to recipes.

Recipes are grouped in the following categories: salads; soups; eggs, dairy, and cheese; produce (vegetables and fruits); pasta, noodles, and dumplings; grains; legumes; tofu, veggie burgers, and other high-protein food; breads, pizzas, sandwiches, and wraps; sauces, condiments, herbs, and spices; desserts. Obviously, there are too many different categories to go into great detail in each. Following, a set of recopies that look interesting (and doable) to me. I hope to try some of these out in the near future (confession: I am not a vegetarian, but I am a "flexitarian").

Salads: Carrot salad with cumin. Nice look to it--carrots, orange juice, lemon juice, olive oil, pepper, and--most interesting to me--cumin. Pretty simple to make and it looks tasty. Soup: I recently made potato and leek soup using another cookbook. This one has a somewhat different recipe that looks worth trying out. One nice aspect of this cookbook well exemplified by this dish: Bittman provides alternatives variations. In this case, that includes how to make this into Vichyssoise, Vegan Vichyssoise, and Korean style potato and leek soup.

Produce: Roasted or grilled asparagus. Very simple recipe, but I love asparagus, so any recipes are welcome at my home! Asparagus, olive oil (extra virgin), salt, and lemon wedges. What could be easier? Broccoli Roman style: Unlike George H. W. Bush, I love broccoli! Whether raw or cooked or done any other way! Pasta: Pasta with broccoli (my bias shows again, regarding broccoli). Legumes: Vegetarian chili con carne (depending for its power on hot chili). Burger: Spicy autumn vegetable burger. Key ingredients: Kale,

cannellini, extra virgin olive oil, sweet potato, bread crumbs, cinnamon, nutmeg, pinch of cayenne). Sounds yummy to me!

So, bottom line, a nice cookbook. The recipes tend to be pretty straightforward. If interested in more vegetarian eating, this would be one nice volume to explore.

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### **Sara says**

This book is useful not just for the recipes, but for the illustrations and instructions on how to choose, prepare and cook various types of vegetables. He addresses various staples of the vegetarian diet with brief introductions followed by recipes and tips.

Non-vegetarians could find this book very useful, in expanding their fruit and vegetable repertoire as well as just adding to their stock recipes for common ingredients. Plus, not every recipe here is for a main dish, so many of his ideas would be useful in filling out a meatier menu.

I enjoyed reading some of it straight through, skipping over ingredients I don't like and then used the handy and well-organized index to identify recipes I would cook from. Bittman shares some of personal preferences and suggestions along with page references, so when he suggests a variation on one recipe, he leads you conveniently to further instructions.

I don't usually buy cookbooks, I just browse them and save the recipes I like. But this is a great blend of kitchen reference and menu-planning and I want it on my shelf permanently. It's going on my Christmas list, and it ought to go on the "Worth A Try" list of anyone who loves to, or is learning to cook.

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### **Varied Books says**

2/10/17 on sale for \$3.99.

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### **•Karen• says**

Everything? EVERYTHING!

No luscious photographs, but useful illustrations of techniques. This is a reference work that assumes (quite rightly in our case) that you are prepared to make that little bit of effort and make your own tortellini, wonton skins, kombu dashi, chapatis - ooh and a recipe for dosas, luv'em, and even how to make cheese. But Bittman aims at those who are unfamiliar with basic cooking techniques too, with fine drawings that show what to do with a green pepper, or a tomato, for example. A little obvious perhaps, but invaluable when it comes to How to Deal with an Artichoke. This is the kind of cookbook that gives you confidence to experiment: the basic method is given and then suggestions for creative variations on a theme. This is perhaps what is essential for those of us who were brought up on a fairly traditional meat-and-two-veg diet; beyond dal I never had many ideas of what to do with legumes, or grains other than rice. And there is a whole section on salsas and dips and pickles to whizz up rapidly and add a bit of pizzazz to the palate.

I like his ethos. When writing of yoghurt: "I want whole milk, I want active cultures, and I want no thickeners. (But use low-fat if you must)" - he has an excellent section on bread making - "What you don't want is a bread machine" (too right you don't) - and takes away a lot of the mystique that surrounds yeast dough and bread making. As he says, you can produce very good bread straight away and get 90 per cent down the road to great bread in a season of bread making. "The last 10 per cent is the hardest, and, except for a couple of great home bakers I know, few of us make it there." And admits that he has not. Lucky for me then, that I have a tame great bread maker here at home and sourdough permanently lurking in the fridge. There are plenty of ideas for the less ambitious or for those short of time, and there is a handy system that marks the recipes that are quick, that can be made ahead, that are vegan.

The only slight disadvantage to this kind of extremely tasty home-cooked vegetarian food is that it spoils you for going out for a meal. The only kind of restaurant I've ever been to where I would really prefer the veggie choice is Indian: otherwise the non-meat alternatives are often bland and unappealing. Maybe pizza, and some pasta dishes at the Italian. We're not dogmatically vegetarian, we just avoid meat as much as possible (and much is possible). But most non-veggie restaurants here tend to just pay lip service to those who would rather not eat the flesh of dead animals, and offer a melee of over-cooked vegetables with cheese sauce from a packet over the top. Or you can have the salad, madame, we can serve it without the shredded ham. So then all that's left is tasteless iceberg and a bit of woolly tomato. But if we give in and have the meat or fish, then there's no incentive for the restaurants to improve the alternatives, is there?

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### **Hafsa Sabira says**

The problem with reading cook books is that you can't really claim that you have read this until you have tried out a few recipes.

Now I haven't gone through the whole book but I did go through the detailed introduction about the basic cooking methods, techniques etc. I will try a few recipes though, maybe when I find any interest to cook.

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### **Jeanette "Astute Crabbist" says**

This is an amazingly comprehensive book! My two favorite things about it are: 1) The TRUE simplicity of many of the recipes. Just a handful of ingredients you have on hand and can throw together for something healthy and tasty.

2) Many of the recipes can easily be converted to vegan. He even gives variations of the main recipe that include vegan choices.

This book has something for everyone. It's an excellent reference manual for much more than recipes.

It would be a fantastic gift for someone who doesn't know much about basic cooking techniques. The illustrations and instructions for these techniques are admirable.

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### **Inder says**

This a great basic cookbook!

My only issue is whether I need this giant tome in ADDITION to Deborah Madison's Vegetarian Cooking for Everyone. There's a lot of overlap, and the answer is probably no. I prefer Deborah Madison's format and style slightly, but the books are similar in many ways. The clincher: I already own Deborah Madison's book.

Still, I could totally see living out of this book, much as I already do with Deborah Madison. This is a great resource for old and new vegetarians alike, or for meat eaters who eat vegetarian sometimes (which is to say, everyone). If you like this better than Vegetarian Cooking for Everyone, I won't blame you.

I have limited cookbook real estate - my cookbook corner is already precariously piled high. So even though this is a more useful tome than Patricia Well's Vegetable Harvest, I might buy the latter instead of this one, because it's less basic and more fancy, and thus fits in a slightly different niche.

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### **Allison says**

BEST. COOKBOOK. EVER.

I could get rid of every other cookbook I have. I've had this one for ten years and refer to it often. I rarely pull out any of the other cookbooks I have.

This guy is simple, honest, casual and creative. No crazy ingredients you can't find, no recipes that tie you to the kitchen for hours. Just simple recipes for real people using real food. And he offers TONS of variations on his recipes, and coaches you how to substitute other ingredients if you have to. Lots of vegan options too.

LOVE this book. If my house was burning and I could bring ten items, this would be one of them!! :)

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### **Phillippa Wightman says**

My boyfriend and I religiously cook from this book - we have used it for seven meals this weekend already!

It's winter here so rather than go out for dinner we invite our friends to come over for some vegetarian fare. As a rule all recipes come from this book.

They say that when you have guests you never cook something that you haven't made before. Well we have broken this rule and every dish we make is a first for us, we typically make an entree, main and desert. Our guests seem impressed and they usually have 'seconds' - they are not vegetarians so surely that is a good sign!!!!

On one occasion we made devilled eggs for an entree, the eggs were pre boiled and we all sat at the table and prepared them - not typical but well received.

This book is our cooking bible and is great for when you are stuck for ideas or just need a bit of guidance. I love that there is a base recipe and then several options - sometimes you just end up throwing in lots of bits and pieces as the book basically says that is ok.

I have just made leek and potato soup for lunch, now what's for dinner?!

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## **Anna Wanderer says**

This is one of the most useful cookbooks on my shelf. I use it several times a week and have not yet made anything that I didn't like. It has helped me try new foods with confidence.

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## **Julie Wiley says**

It's one of those books that everyone should have up on their shelves. (Even though he's given away all of his cookbooks because he doesn't have room in his kitchen.) It also doubles as doorstop. This sucker is heavy. I love Bittman's "keep it simple and real" attitude. I made his hummus this week as well as banana blueberry muffins which was a combination of a few of his muffin recipes. Adding buttermilk, may I add, makes them heavenly.

There was blog posting of Mark's kitchen. It made me laugh. His kitchen is a tiny, NYC kitchen. He doesn't even have room for a food processor. The stove is so small, he can only use two burners at a time. He did state though that it just goes to prove, you don't need a big huge kitchen with granite countertops to make fabulous food.

As in everything else, good food comes from the heart and focused attention

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## **Kristine says**

You don't have to be a vegetarian to love this book. Plenty of omnivores have given this book rave reviews. I've been cooking from this book for my blog, [www.theglobalkitchen.blogspot.com](http://www.theglobalkitchen.blogspot.com) and everything I have made has been fabulous. I love that Bittman gives a lot of variations and twist to his recipes and overall they're easy and healthy. I do use less oil than he does though.

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## **Jen says**

Okay, I'm only through the first 100 pages of this nearly 1,000 page cookbook, and I'm sold. I think this is the "Laurel's Kitchen" for the 21st century, and will proudly sit on my bookshelf next to it. Bittman's writing is in an easy, conversational, been there-done that level that doesn't make you feel either lost if you've never cooked anything before or talked down to if you've been a cook (or a vegetarian) for years. Recipes are coded for Fast, Make Ahead or Vegan and each basic recipe has several variations to suit anyone's particular flavor, and most ingredients are those you are familiar with if you've spoken vegetarian before. I've only tried one recipe in the book so far (cornbread--I know, not an exclusively vegetarian cookbook food) and it turned out to be the best I've ever made before.

This is a cookbook that only a fellow home chef could pick out for another. There are plenty of cookbooks that say vegetarian in the title or description, but this one lives up to it's name with good basic cookery that just happens to be vegetarian.



Thanks Nancy...and I suppose Drew too, but let's be honest about who suggested giving me this as a gift...

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## **Carol says**

If I had to choose one vegetarian book to own or to give someone thinking about starting a vegetarian lifestyle, this would be it.

The title says it all!

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