



At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well

Amy Chaplin , Johnny Miller (Photographs)

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James Beard Award Winner (Vegetarian)

IACP Award Winner (Healthy Eating)

A sophisticated vegetarian cookbook with all the tools you need to be at home in your kitchen, cooking in the most nourishing and delicious ways—from the foundations of stocking a pantry and understanding your ingredients, to preparing elaborate seasonal feasts.

Imagine you are in a bright, breezy kitchen. There are large bowls on the counter full of lush, colorful produce and a cake stand stacked with pretty whole-grain muffins. On the shelves live rows of glass jars containing grains, seeds, beans, nuts, and spices. You open the fridge and therein you find a bottle of fresh almond milk, cooked beans, soaking grains, dressings, ferments, and seasonal produce. This is Amy Chaplin's kitchen. It is a heavenly place, and this book will make it your kitchen too.

With her love of whole food and knowledge as a chef, Chaplin has written a book that will inspire you to eat well at every meal. Part One lays the foundation for stocking the pantry. This is not just a list of food and equipment; it's real working information—how and why to use ingredients—and an arsenal of simple recipes for daily nourishment. Also included throughout are tips on living a whole food lifestyle: planning weekly menus, why organic is important, composting, plastics vs. glass, drinking tea, doing a whole food cleanse, and much more.

Part Two is a collection of recipes (most of which are naturally gluten-free) celebrating vegetarian cuisine in its brightest, whole, sophisticated form. Black rice breakfast pudding with coconut and banana? Yes, please. Beet tartlets with poppy seed crust and white bean fennel filling? I'll take two. Fragrant eggplant curry with cardamom basmati rice, apricot chutney, and cucumber lime raita? Invite company. Roasted fig raspberry tart with toasted almond crust? There is always room for this kind of dessert.

If you are an omnivore, you will delight in this book for its playful use of produce and know-how in balancing food groups. If you are a vegetarian, this book will become your best friend, always there for you when you're on your own, and ready to lend a hand when you're sharing food with family and friends. If you are a vegan, you can cook nearly every recipe in this book and feed your body well in the truest sense. This is whole food for everyone.

At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well Details

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Stephanie says

I chose this cookbook for the vegan ideas and beautiful layout - photos and words - and for the clean, end results. Recipe can be quite in-depth, but the finish was spot on. Delicious! I look forward to trying more recipes.

Caitlin Bales says

This is my favorite cookbook by far. Amy talks about ingredients, the pantry, and recipes in a sustainable way. I love reading someone who admits to eating the same thing for breakfast! It's refreshing to see what real-world chefs eat themselves instead of gourmet once-in-a-while dishes.

Jessica says

I find this book unbelievably irritating, but the fact that I love it anyway shows how good it is.

I was in a major cooking rut and really wanted a cookbook that would transform my life the way Deborah Madison's indispensable classic *Vegetarian Cooking for Everyone* did years ago, not just by giving me new recipes, but by changing the way I cook, and a friend recommended this one. I'm definitely not some master chef and I don't want another complicated set of recipes that require fancy ingredients and equipment (such as a food processor) that I don't have. There is a little bit of that here -- for some insane reason she believes I have access to a spice grinder, and there are a few obscure items you can get certain times a year at a NYC greenmarket but certainly not in Miami -- but for the most part this food is simple, in that good way that gives you a new idea for how to cook something like greens or tempeh that you might eat a few times a week. Chaplin has a few simple tricks -- add crushed garlic to greens and tofu the way you probably already make them, put apple cider vinegar and/or tamari in everything, etc. -- that have just made the boring stuff I eat all the time a little bit different. Some recipes are so simple they seem kind of dumb to include -- add vinegar to beets and put them in the fridge to marinate them? Uh, thanks... -- but some of the more complex ones, like the Quinoa Beet Salad, are interesting but easy enough that I've made them more than once.

The book is gorgeously illustrated BUT INCREDIBLY IRRITATING in a way that probably wouldn't bother most people but that MAKES ME INSANE. Every single time she tells you to put water in something she specifies that it needs to be "*filtered* water," and whenever she tells you to put kombu in your broth she orders you to COMPOST the kombu when you're done. ARGH! To me this feels completely judgmental and obnoxious and unnecessary; if you think I should filter my water and compost my kombu just say it in the introduction and then leave me alone, lady! I was also annoyed that she kept talking about how **her clients** like this and her she makes **her clients** that, and the back cover lists which celebrities she cooks for, like I'm supposed to be more excited about eating a curry if Natalie Portman thinks it's good... yuck. Finally, I am so sick of cookbooks talking about food like it's medicine, and making dubious health claims about why I should eat flax seeds or blueberries or whatever the hell thing. I actually enjoyed that kind of talk years ago when I used to read fitness magazines on the exercise equipment at the gym, but I don't appreciate it in my

cookbooks. I want to eat vegetables because they taste delicious and are actual food, not because they contain "blood-building nutrients" or whatever, and that kind of talk sort of kills my appetite and makes me go want to eat some ice cream because suddenly whatever I was planning to eat doesn't sound like much fun.

BUT! I am totally addicted to her Dijon Mustard-Marinated Tempeh, which is something I never would've thought of on my own and that I'm now making a few times a week. It is so incredibly easy and so incredibly good and it makes me love Amy Chaplin with all her awful nagging and I think she should get some kind of prize for it. You just cut a piece of tempeh into sixteen triangles, and then you marinate it for a little while in a half cup of apple juice, a tbs of dijon, a tbs of tamari, 2 tbs olive oil, and 2 tsp apple cider vinegar all whisked together, and then you just bake it at 350 for like 30-40 minutes. OH MAN! It's awesome. Life altering. Seriously. For me it has been, anyway.

I haven't cooked that many recipes in here yet, but the ones I have made have been easy and good, and I do recommend buying this book. It is really beautifully put together with lovely photographs and the things I find annoying almost certainly won't bother you that much, so if you like this kind of food (tempeh, beets, grains, etc.) I'd say go for it. I am actually considering a water filter because, annoyed as I am, I think she is probably right, and I've noticed that coffee tastes better when it's brewed with filtered water, so... So. I also am feeling massively guilt-tripped into finally starting to soak beans and grains, which I've never done due to commitment issues and generally poor planning. I'm sort of on the fence with some of that because she wants you to soak stuff like quinoa for what sound like maybe made-up reasons, but I know she is right about how I am such a sad loser and terrible person for always using canned beans.

Sigh.

Karen says

3.5 stars

This is a comprehensive guide to vegetarian/vegan cooking, covering everything from how to stock your pantry to recipes starting at breakfast all the way to desserts.

I love the emphasis on fresh whole foods. A few of the ingredients are difficult to find in my area and I felt like a lot of the recipes were under-seasoned for my taste - but that can be easily adjusted on your own.

I make pasta with kale all the time but had never thought of adding caramelized onions so the Whole-Wheat Fettuccine with Kale, Caramelized Onions, and Marinated Goat Cheese was something I was familiar with but made an already reliable/good dish even better.

I'm also always looking for a new way to make tempeh other than dumping sauce on it. Dijon Mustard-Marinated Tempeh was another flavorful dish.

I'm a lazy cook and I get overwhelmed by long lists and this cookbook loves long lists. If you break it down though it's usually the main ingredient then the dressing etc. Nothing too daunting but I would have liked more fast meals.

P. says

I keep getting this from the library and having to relinquish it because of holds. but it's worth it! I finally made things from it the 3rd go round.

I made:

millet cauliflower mash

steamed greens with zesty flax dressing

parsley brown rice salad with seeds (misleading title - this is really tabbouleh with brown rice & seeds)

pasta with kale, caramelized onions, and goat cheese (I added shiitakes to this)

marinated beets

dijon-mustard marinated tempeh (okay, but only if you re-heat the tempeh before using)

vanilla chia pudding (not so great unless you have a blender. but still tasty. just looks gross.)

lentil soup with rosemary, squash, and rainbow chard

kabocha chestnut soup with nori sesame "leaves"

sprout salad with toasted sunflower seeds and umeboshi vinaigrette

rustic pea spread (basically just mashed peas and garlic. I added sage.)

I liked all of them, although Chaplin's taste is much more to the sweeter side than mine. Not that I oversalt things - I still have salt from when I moved last year. We just have different taste profiles when we mix veggies and veggie like fruits, or maybe it is that I prefer things acidic and she alkaline. But the thing I love about this book is that I still want to try so many of the recipes. It's things that are different from what I normally eat but attractive to me, and they incorporate a bunch of grains I don't normally eat. Most of them complement each other, which makes it easier to plan a week of meals, and most keep well (the exception was the millet-cauliflower mash which was good on the first day and then had diminishing returns).

And once you get the pantry set up, it is relatively inexpensive.

Chaplin is insistent on soaking grains and beans to dissolve phytic acid, which she says impedes digestion. I think this is a goal to be met in future when I can focus on reminding myself to soak things. I did soak some things for these recipes and my digestion seemed a bit less rocky? but it was by no means a controlled experiment.

2 things that were irksome:

the book refuses to stay open on its own. bad form for a cookbook

lots of mentions of "detoxing" ugh

Holly says

I wouldn't normally put a cookbook up as "currently reading," but this one is huge and gorgeous and has me immediately wanting to curl up in a big chair and just read and take notes while I generate ideas.---- Finished this late last night: It was a nice break from the health-focused "whole foods-plant based" dietary manuals/cookbooks of the Campbell-Esselstyn-McDougall-Brenda Davis-Forks Over Knives variety and the other extreme which I keep encountering: the irreverent tattooed punker-vegan Thugs-with-a-vengeance set. (I actually own one cookbook called *Eat Like You Give a Damn* and another called *Eat Like You Give a F*uck*- and I love them both.)

This is a beautiful book featuring delicious-looking food made by a pretty chef (who namedrops her celebrity clients like Natalie Portman and Liv Tyler), but once I got into the recipes I realized how pretentious it was. The ingredient lists weren't particularly long, but she is big on sea vegetables that I don't have access to, and she has buy organic or not-at-all strictures, and a strong macrobiotic influence - which is not really my thing (at this time).

Copying a few recipes and returning to the library:

Dijon Mustard-Marinated Tempeh

Curried Quinoa Pilaf with Toasted Cashews

Quinoa Pilaf with Golden Raisins and Almonds

Miso Mayonnaise

Rustic Pea Spread

White Bean Artichoke Aioli

Linda B says

4.5 stars

Beautifully illustrated vegetarian/vegan cook book. The cookbooks contains useful info on plant based staples i.e. how to soak & cook beans, grains (I didn't realise I needed to soak grains overnight due to phytic acid) & nuts; sprouting; seaweed types etc. How to avoid plastics.

The majority of the recipes are vegan and where Amy uses goat cheese this can be easily veganised by using Almond Feta instead : <http://thekindcook.com/?s=Almond+feta+>

Cassandra says

It's almost a meditative cookbook. I come back to it over and over just to look through. Loved the zucchini salad and the butternut squash lasagna was a hit at our holiday dinner last year.

Judyw Winkleman says

There are many, good recipes in this cookbook (and many that look good). But maybe there are too many recipes in this cookbook. I borrowed this book from the library. Too bad it's so large. I was only able to make a couple recipes, and won't be purchasing the book, since it's so large and hardcover. This book is almost 400 pages. The handful of photos are nice, and I like the part about setting up your pantry. But many pages have a lot of white space.

Who knows, I may borrow it from the library another time in the future.

Lisa Dubbels says

I was gifted this book and it's lush and gorgeous. I can't wait to make most of the recipes.

Radina Valova says

This book is a fantastic resource, whether you're new to home cooking and clean eating or already have some healthy habits but want to up the ante. Amy Chaplin offers an in-depth look at how to stock your pantry and how to prep the pantry basics (legumes, grains, etc.). One of the things I like best about the book is that most of the ingredients she references are easily accessible to most shoppers - one of my biggest pet-peeves with healthy-eating books is that authors seem to assume that you live in Southern California on a Gwyneth Paltrow budget and have access to obscure "superfood" ingredients you've never heard of. Chaplin does recommend some less-accessible pantry staples (e.g., teff - an Ethiopian seed that can be used like quinoa, as a grain), but the bulk of the staples are easy to find (lentils, chickpeas, etc.).

More importantly, the book focuses on how you build a nutritious meal from scratch, rather than the precise ingredients that you should use - that is its greatest strength. Since I read it, I have kept my refrigerator stocked with cooked grains and legumes that I use as a base for all sorts of quick weekday meals: lentils as a base for a salad, quinoa with avocado and scrambled or hard-boiled egg - the options are endlessly flexible, based on what you have at hand, once you learn the basics.

Kirra says

I love this cookbook! Everything about it. Fabulous.

In saying that, I have always been a keen cook. So sourcing unusual ingredients is exciting for me. I am someone who plans, and makes a lot of time to cook with friends and family. In other words am obsessed with cooking and food.

If you are someone who finds cooking a chore, have limited time etc. you may find this book frustrating. I have found that her use of soaked bean, grain etc have actually saved me a heap of time and money. (And when soaking things like quinoa, that bitter taste disappears). Additionally, if you live rurally/have limited ingredient options you may be disappointed. In saying that, I often sub ingredients that I don't have all the time and they work just as well!

The desserts are fabulous. Although seemingly laborious and complicated ingredients, when made the second time it's a lot easier as you get used to the style. (My bf made me the choc hazelnut cake SO GOOD). This is my go-to recipe book. I adore everything about it xx

Joyful says

This book is incredibly informative for those who are setting up their whole food, plant-based kitchen. The recipes vary from simple vegan staples (like DIY almond milk) to more fanciful dishes (all of the tarts!). This would make a great gift, either to a friend or for yourself.

Lara says

I'm willing to bet this food is delicious. The photos are pretty nice. The flavor combinations seem like ones I

would enjoy. But this thing is seriously overwhelming. Every recipe seems to have about 20 ingredients, and the instructions/intros take up an entire page in small print. It's really off-putting. I had trouble even really focusing on reading through this at all because it's so heavy, and because something about the font used and the sheer volume of text short circuited my brain. Or something.

There wasn't a single thing that seemed easily doable to me. I will freely admit that I am a lazy cook. VERY lazy. But even so, there's usually *something* that grabs my attention and seems like I could give it a try for dinner one night or breakfast one morning. I feel like my eyes kept just sliding right off the page in this one. It's just too much!

Alice Marsh-Elmer says

A perfect, super appetizing manual-style cookbook that provides ease of access to best practices for incorporating whole foods into your diet and your kitchen. Seriously, I just pre-ordered it.

As a bit of a foodie (and a bit of a workaholic) I enjoy reading about food--tons--and, more often than not, am unable to follow through on all of my grand schemes to cook differently when I get home, exhausted and starving, forced to stir something up that's edible for dinner and I revert to my old habits. To be fair, my "old habits" are founded in healthy foods, and almost always consist of a vegetable and a grain, one or both of which are tossed with a bit of spice or an herb, toasted with some olive oil, and then ceremoniously dumped into a bowl. Where I fall short is trying new things. Vegetables, beans, and legumes is a healthy way to eat, and, at times, a rather boring one.

This book was so easy to flip through for information and inspiration that my tastebuds were drooling and I was yearning for dinner. I like that she's not afraid to make simple, wholesome recipes and the tips and tricks for a busy lifestyle that are seamlessly incorporated. The quick "charts" (in the form of numbered pictures) makes digesting a whole lot of information about new types of foods to try real easy. After reading this I felt inspired more than overwhelmed, and mostly I feel that I can run to the grocery store and pick out 1 or 2 new things to incorporate into my lifestyle easily, and 1 or 2 quick recipes to spice up what I already know how to cook. That's the mark of a cookbook I'll use time and again.
