



# **The Vegetarian Flavor Bible: The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs**

*Karen Page*

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Date : Published October 14th 2014 by Little, Brown and Company

ISBN :

Author : Karen Page

Format : Kindle Edition 576 pages

Genre : Food and Drink, Cookbooks, Food, Cooking, Nonfiction, Vegan

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## **From Reader Review The Vegetarian Flavor Bible: The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs for online ebook**

### **Librat says**

reference book

lists vegetarian foods that go well together with quotes and favored food combinations from leading chefs

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### **Lynda says**

Excellent book that discusses in depth pairings, preparation, definitions of all sorts of veggies, fruits, grains, etc. A wonderful resource book.

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### **Linda Kissam says**

Don't think cookbook, think flavor pairings. Actually, think thousands of flavor pairings which is really more practical than a cookbook. If you are a food geek or a closet gourmand who loves tinkering with ingredients and flavors, then The Vegetarian Flavor Bible and today's two recipes are definitely for you. If you are a "give me a recipe to follow" kind of cook, this book is going to change your mind set on how flavorful gets to...well...flavorful.

Karen Page's hefty new book, The Vegetarian Flavor Bible is filled with more information than many of us could imagine was available. You'll find out all about herbs, spices, nuts, greens, vegetables, fruits, grains as well as their flavor profiles including detailed descriptions, nutritional information, flavor affinities (love that phrase), botanical relatives, calories and suggested ways to use them to create dishes that will put a smile on your face. The book is full color with a color-coded system for identifying the healthiest ingredients: most nutritious bright green, then lighter green, yellow, orange and red according to nutrient density.

Many of you will already know Karen Page. She is the two-time James Beard Award-winning author of The Flavor Bible. Since that book, Karen has taken a U-turn into the vegetarian lifestyle. This time, she turns her attention to plant-based cooking. Her four pound, 554-page work (with photos by Andrew Dornenburg) includes no recipes but instead a detailed history of veggie gastronomy, ideas for jump-starting inspired meals — and an explanation of her own passage to the "other side" of the table. If you've been wondering about vegetarian – anything- this would be the book for you.

Her story might just sound something like your own story. She begins by confessing that, after two decades of writing about meat based dishes, "My life included an endless pursuit of deliciousness, and I was always thrilled to discover what I'd learn from the next bite. But as more and more headlines trumpeted the relationship between nutrition and wellness, it dawned on me that for someone who ate for a living, I'd thought surprisingly little about what to put in my body." Meat based dishes were her passion. But a reality check into family health issues took her on a different path.

Did you know that Americans believe it is easier to compute their income taxes than to figure out what it means to eat healthy? This book leaves no green bean left unturned in its very detailed examination of how the food we consume affects not only our own well-being, but the health of the planet. Ms. Page introduces the concept of maximizing flavor while creating “compassionate cuisine.” You’re going to be getting tips and advice that might just make you say, “Really? Hmmm.” Karen shares this comment by Thomas Edison, “The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause of prevention of disease.” Sounds like a winning plan to me. Just sayin'.

Because this book is more practical advice than encyclopedia, the result is an educated and inspired cook in the kitchen. The reader is given all the information s/he needs to put that logical process into mindful cooking activities. I think you’ll enjoy the sample menus, views from many chefs and of course the thousands of “flavor matchmaking” combos. On page 346 the author suggests enoki mushrooms + garlic + Parmesan cheese. On page 472, bell peppers + black beans + brown rice + butternut squash + cilantro + scallions. Again, no recipes, just flavor combos.

Interviews with such notable vegetarian owners and chefs from Dirt Candy, Green Zebra, Candle 79, Crossroads Greens, Millennium, Plum Bistro, and Vedge as well as “regular” fine-dining restaurants serving some of America’s best vegetarian tasting dishes (French Laundry, the Inn at Little Washington, Blue Hill, Eleven Madison Park and Topolobampo) brings an authenticity to the book. You’ll enjoy getting an insider’s peek with great chefs as they speak to flavor pairings and ingredient usage.

Perhaps one of the most unexpected sections of the book is on page 76 where you will find an ultra-cool, but practical list of what to substitute if you are craving things like bacon, anchovies, burgers, caramel corn or chocolate. As Amanda Cohn of Dirt Candy puts it, “People don’t really crave bacon- they crave something smoky and crispy.” Karen suggests smoked paprika, toasted sesame oil or crisply fried provolone cheese as a healthy substitute to bacon.

I was inspired by this book and meeting the author at a book signing/tasting. It’s a great way to eat, even if you are just at the occasional vegetarian stage. Make this helpful plant-based diet a guide and resource to sustainable health...and not just for you but for the animals and for the planet as well. What could possibly be wrong with an extraordinarily flavorful, healthy, mindful and satisfying way to eat?

Using the guidelines from the book, Chef Tom Fraker of Melissa's World Variety Produce (Los Angeles, CA) created two yummy recipes. Enjoy this compassionate cuisine in good taste. Click the link to see the recipes.

<http://www.examiner.com/review/compas...>

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### **Amy says**

#### **Truly worthless**

I didn't learn a single thing from this book, which is a first for me; this book is shockingly basic and uninformative. I would only recommend this to someone with no cooking skills or instincts.

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### **Katie says**

A helpful reference cookbook that I keep going back to.

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Recommend it for cooks who don't follow recipes, who want to play with flavors combining and test the accuracy of one's own imaginations.

Cooking doesn't have to be an inferior science, and eating can be an immersive experience that nourishes all senses.

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### **Thien Nguyen says**

Was gift from my wife who was learned of this book through a chef friend. Was the perfect gift for me as I had already cooked by using my built up knowledge of flavor pairings and was limited by my own experience. Completely blew open the doors to try new ingredients for new ideas and even gave me tweaks to my standards. If a home cook has one book on their shelf this has to be it because you'll always go back for reference unlike other books that teach a skill that once gained no longer needs the reference.

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### **Shannon says**

This cookbook with no recipes is great - the next best thing to having a professional chef teach you how to cook. I own a copy of the original Flavor Bible, but since I moved away from eating animals I've been looking for more interesting things to cook. Both books are stellar and I recommend the original Flavor Bible for carnivores, but this one is much more suited to me and has a wider range of non-animal entries than the original (heads up for vegans: it does include cheese and eggs in its definition of "vegetarian").

The book is divided into four sections:

Introduction - talks about the author's personal interest in vegetarian diets, the science behind them, and the ways she incorporates it into her lifestyle.

Chapter 1 - the story of vegetarianism through history and is packed full of quotes from chefs, celebrities espousing the veg lifestyle, scientists, and historical figures (incidentally, did you know that Pythagoras, Plato, Plutarch, Da Vinci, Voltaire, Percy and Mary Shelley, Einstein, Gautama Buddha, Gandhi, Tolstoy, Jane Goodall, George Bernard Shaw, Paul and Stella McCartney, Henry David Thoreau, Tesla, Edison, John Coltrane, Sarah Silverman, Jon Stewart, Eddie Vedder, and Thom Yorke are all vegetarians?).

Chapter 2 - the science behind cooking - how flavours come together, how we perceive food, and includes a fun "cravings" list for meat-eaters detailing the compassionate alternatives to things like donairs, hamburgers, tuna salad and pork.

Chapter 3 - the bulk of the book is an exhaustive encyclopaedia of fruits, nuts, vegetables, herbs, and the like. Each entry is followed by four one- or two-word categories that help identify flavour and taste, and then a list of foods that pair well with that entry. They are listed in alphabetical order but coded so that you know which pairs best with the original entry. For instance, tomatoes pair well with bell peppers, garlic, mozzarella cheese and pasta. Several combinations of ingredients are also listed: tomatoes + basil + mozzarella cheese is the top flavour combination for tomatoes.

Gorgeously illustrated with color photographs of food from some of the world's top vegan and vegetarian chefs, just looking at the book is enough to make you long for Brussels sprouts and rainbow chard. Whether you're a long-time veggie lover or just looking to expand your cooking repertoire, I can't recommend this

book highly enough. All the stars!

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### **Amuse says**

Not a traditional cookbook but a list of things that go with other things for those that can't figure it out on their own. I didn't like this approach. It did not motivate me to cook anything special or differently. This might be attractive for those that like lists and structure and need that kind of thing to be creative.

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### **Toomas says**

Really really amazing book for all the people, specially for chefs to make some changes in their kitchen or start thinking about the good recipes. Lots of spices and descriptions and options for a chef to take part of! :)

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### **Denise says**

The natural sequel to the first flavor bible. I'm not sure if I'll buy this one as I own the first already, but it seems much more detailed in regards to plant-food pairings, and is thicker than the original as well.

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### **Katie O'Bryan says**

I love this book, but the Kindle Edition is less convenient than paper.

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### **Tore Alseth Haaland says**

The greatest non-cooking cookbook on the market!

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### **Jana Eichhorn says**

I didn't intend to read this entire book. I'd planned on reading the first 1/3 of it and then dipping in and out of the lists that make up the rest of the book the way I think the authors intended. It didn't happen that way though.

I'm not a vegetarian, but I love flavor and I love cooking, and this book is like whole new worlds laid at the feet of anyone who likes either. I got this from the library, but will be buying my own copy soon, because I want access to it from now on. It's like a kitchen idea bomb. Highly, highly recommended.

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## Ruth says

This is a strange kind of reference book. The author has collected opinions about ingredients from chefs and cookbook authors whose food she likes. These include Isa Chandra Moskowitz, Amanda Cohen of Dirt Candy, Gael Greene the restaurant critic, and Deborah Madison of Greens restaurant. Each ingredient gets a nutritional rating, a short definition of what it is and how it's used, and an opinion of how strongly it tastes in a dish (what Page calls "volume.") Then there's a list of ingredients that the experts thought go with the ingredient in the entry, and something called "flavor affinities"--combinations that these chefs liked together. What's odd about the book is that it reflects current food fads, so there's a four-page entry on beets. (What the heck. I think this is the second book I've gotten from the library I've read with disbelief over people's utter passion for beets.) Ramps, which very few people can acquire, get a lot of play because restaurants do get them and cook with them. Eggplant is still big with vegetarian chefs, but for some reason it's now trendy in desserts. If I had shelf space or was more serious about inventing my own recipes, I might buy this. As it is, I'm happy I flipped through it over a couple of Saturday afternoons. The photos are super pretty and it was fun. Some of the quotes from the restaurant chefs were hilarious.

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## Cindy Deister says

LOVE LOVE LOVE this book - a compilation of chef's tried-and-true flavor combinations. Perfect for the kitchen cook who enjoys tweaking recipes or cooking simply with the best ingredients. NOT truly a cookbook, fyi.

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