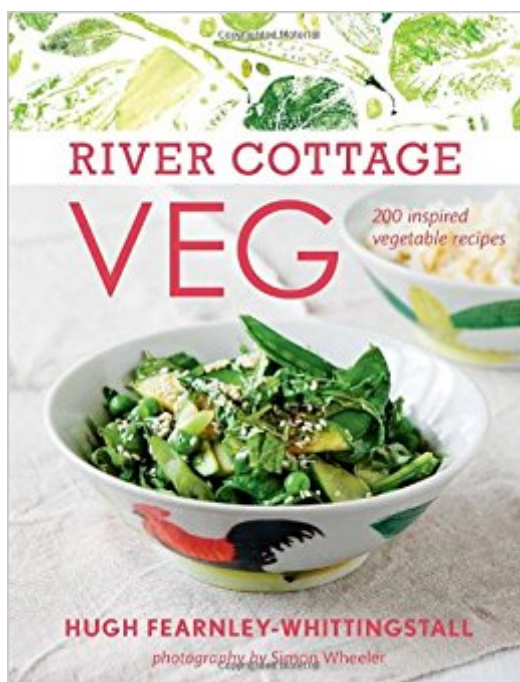


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River Cottage Veg: 200 Inspired Vegetable Recipes



Synopsis

A comprehensive collection of 200+ recipes that embrace vegetarian cuisine as the centerpiece of a meal, from the leading food authority behind the critically acclaimed River Cottage series. Pioneering champion of sustainable foods Hugh Fearnley-Whittingstall embraces all manner of vegetables in his latest cookbook, an inventive offering of more than two hundred vegetable-based recipes, including more than sixty vegan recipes. Having undergone a revolution in his personal eating habits, Fearnley-Whittingstall changed his culinary focus from meat to vegetables, and now passionately shares the joys of vegetable-centric food with recipes such as Kale and Mushroom Lasagna; Herby, Peanutty, Noodly Salad; and Winter Stir-Fry with Chinese Five-Spice. In this lavishly illustrated cookbook, you'll find handy weeknight one-pot meals, pure and simple raw dishes, and hearty salads as well as a chapter of meze and tapas dishes to mix and match. A genuine love of vegetables—from delicate springtime asparagus to wintry root vegetables—permeates River Cottage Veg, making this book an inspiring new source for committed vegetarians and any conscientious cook looking to expand their vegetable repertoire.

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Customer Reviews

Featured Recipe from River Cottage Veg: Roasted Potatoes and Eggplants
Ingredients 1/4 cup (60ml) canola or olive oil 2 medium eggplants (about 1 pound / 500g) About 1 pound / 500g potatoes (any type will do), unpeeled Sea salt and freshly ground black pepper 2 garlic cloves, sliced Lemon juice
Directions Preheat the oven to 400° F / 200° C. Put the oil in a large

nonstick roasting pan and heat in the oven for a good 10 minutes, until the oil is sizzling hot. Meanwhile, cut the eggplants and potatoes into 1-inch / 2.5cm cubes, tip into a bowl, and season with salt and pepper. Take the roasting pan from the oven and place on a stable, heatproof surface. Add the eggplants and potatoes and turn to coat in the oil, being careful not to splash yourself. Roast for about 30 minutes, stirring halfway through. Remove from the oven, stir in the garlic, and roast for another 10 to 15 minutes, until the vegetables are golden brown all over. Add a squeeze of lemon juice, a little more salt and pepper if needed, and any finishing touches you fancy. Serve warm or at room temperature. To Finish (Optional) Finely grated lemon zest, hot smoked paprika, or chopped herbs. Featured Recipe from River Cottage Veg: Baby Beet Tarte Tatin Serves 4

Ingredients 8 ounces / 250g rough puff pastry (see page 52) or all-butter puff pastry (ready-made) A knob of butter 1 tablespoon canola or olive oil 2 teaspoons cider vinegar 2 teaspoons brown sugar Sea salt and freshly ground black pepper 10 to 14 ounces / 300 to 400g baby beets (the size of a golf ball or no bigger than a small apple), scrubbed and halved For the Vinaigrette 1 or 2 shallots or 3 or 4 green onions, trimmed and very finely chopped 1 teaspoon English mustard 1 tablespoon cider vinegar 1/4 cup (60ml) canola oil A pinch of sugar A handful of parsley leaves, finely chopped

Directions Preheat the oven to 375° F / 190° C. Roll out the pastry on a lightly floured surface to a thickness of about 1/4 inch / 5mm. Take an ovenproof frying pan (or a tarte tatin dish) roughly 8 inches / 20cm in diameter, place it upside down on the pastry, and cut around it. Wrap the pastry disk and place it in the fridge. Melt the butter with the oil in the frying pan (or tarte tatin dish). Add the cider vinegar, sugar, and some salt and pepper, stir well, then add the halved beets and toss to coat. You want the beets to fill the pan snugly, so add a few more if you need to. Cover the pan with foil, transfer to the oven, and roast for 30 to 40 minutes, until the beets are tender. Take the pan from the oven and rearrange the beet halves neatly, placing them cut side up. Lay the pastry disk over the beets, patting it down and tucking in the edges down the side of the pan. Return to the oven and bake for 20 minutes, until the pastry is fully puffed up and golden brown. Leave the tarte to cool in its pan for about 15 minutes, then turn it out by putting a plate over the top and inverting it. Pour any juices left in the pan back over the beets. Put the ingredients for the vinaigrette into a screw-topped jar, season well with salt and pepper, and shake to combine. Trickle over the tarte tatin and serve.

HUGH FEARNLEY-WHITTINGSTALL is a renowned British broadcaster, writer, farmer, educator, and campaigner for sustainably produced food. He is the winner of the James Beard Award – a winning author of seven books. Hugh established the River Cottage farm in Dorset, England, in 1998. Visit

Even though I highly value the reviews by other consumers on I have never sat down to write one of my own. I have recently purchased several cookbooks on ...mostly vegetarian. Some hit the mark, some missed the mark, but River Cottage Veg--SURPASSED the mark! This beautiful book is full of tasty, easy, wholesome recipes that come out looking stunning. Hugh is also personable and down-to-earth. His directions are clear and concise. Many of the dishes that are served warm can also be served as cold leftovers---more like a salad--so perfect for picnic planning. I cannot wait for the weather to cool down so that I can try some of Hugh's mouth watering (looking) soups. I have made about 9 dishes so far and all have been delicious! My favorites so far: New Potatoes, Green Beans and Olives (such a simple concept, I was embarrassed that I never thought of it before, but the combination is delightful!), Lettuce, Green Onion and Cheese Tart, Upside-down Onion Tart, Vegegree, and the Lentil and Parsley Salad. The Baby Beet Tarte Tatin will be my next attempt---and I can't wait!! I would love to get some more of Hugh's cookbooks, but I don't eat very much meat and I don't bake bread. Hugh, if you write another vegetarian book, I'll pre-order!!! Happy Cooking everyone!

I haven't enjoyed a cookbook as much as I am enjoying this one in quite awhile. I was unfamiliar with River Cottage and happened upon the book. The first recipe I made was the Vegetable Stock recipe and am making that just about every week or other week to use in recipes from within the River Cottage Veg book and recipes from other sources. Easy to prepare the Vegetable Stock--coarsely grating the ingredients for the stock with a food processor speeds things up to no time at all. No more will I buy store bought vegetable stock. Over the month or so that I have had the cookbook I've used the stock to make "Pearled barley broth", "Green Lentil and spinach soup", "Cannellini bean and leek soup w/chile oil". Non-stock recipes I have made from this cookbook--"Eggplant parmigiana" and the "Herby, peanutty, noodle salad". There is an excellent range of flavorful choices of recipes in the book, many more I can't wait to try. And if I want to repeat one in the future and make it more to my tasting I can certainly bounce off the recipe and do that. Btw, I am taken in by the photographs in the book and I am a vegetarian.

I'm not a vegetarian, in the strictest sense. Or in any sense. Ok, let's face it, I'm basically a carnivore. That being said, I've been trying to eat more vegetables as of late, and with that in mind, I purchased this book. It's BRILLIANT. I've made several things out of it already, and have spent

several hours just reading through it. It's full of healthy and not overly complicated recipes that are filling and delicious. The ingredient lists are full of things that can be found in most major grocery stores, making them even more accessible. The techniques aren't difficult, and the equipment needed isn't specialized in the slightest. In fact, some of the recipes are designed to be made from things that are already in the most people's kitchen pantry. The book itself is well organized, very sturdy, beautifully designed, and full of large full color pictures of the finished dishes. There's also a handy list in back of which recipes work best for lunches, which is great for those of us who are trying to eat more healthily and are usually not home for lunch. Buy this book. You won't regret it.

I've lost count of all the friends I've turned onto the salad with tahini dressing and don't even get me started on the mushroom ragout with polenta - I will not stop talking about how incredibly tasty it is. And the best thing? That's just the beginning. I've cooked my way through about half of this gorgeously presented (fabulous photography) cookbook and have loved every single dish I made. In fact, a lot of them have become fast family faves, our 4yo included!! What I love most, though, is how F-W manages to enable the home cook to take everyday, familiar ingredients and transform them into something spectacularly tasty. For example, flavouring the milk you cook your polenta in - so simple, so delicious, but you have to think of it. So glad F-W did and has passed on his tricks in this beautiful book of deliciousness. Highly recommended!!

I love to cook and have owned many, MANY cookbooks and this is the best cookbook I've ever purchased. I've tried 6 recipes so far and every one has been fantastic. AND they've all been zucchini-based, which is saying something. It's not easy to make a zucchini dish taste amazing. I've been vegetarian for a while and have been eating mostly vegan lately and this book has been an inspiration. A lot of recipes are easily made vegan if they're not already and they look so good from the wonderful photos that I want to make them all. It's obviously a great choice for veggies and vegans, but even if you're just trying to cut down on your meat consumption or want to try a more veg-based lifestyle, this will definitely help you do it deliciously. Also, if you're an avid gardener like me, this book is an absolute MUST. There are so many dishes to showcase your veggies, herbs, and anything you grow in wonderful meals that don't take a lot of effort but look professional and taste delicious. I love that in a lot of the recipes you can use multiple things from your garden in the same dish, such as garlic, kale, and potatoes or zucchini, garlic, and herbs, so it becomes a meal that you produced almost entirely on your own. And obviously the fresh ingredients take anything up a notch, so every recipe turns out amazing. The recipes are the rare combination of simple but

stunning...the ones that don't take a lot of work or fancy ingredients but turn out looking and tasting like something you'd get at a great restaurant. I absolutely LOVE LOVE this cookbook. I want to use it all the time, it has restored my inspiration to cook, it's beautiful yet simple, and I can't wait to look for the next recipe I'm going to try. It's that awesome.

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