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# Cook Without A Book: Meatless Meals: Recipes And Techniques For Part-Time And Full-Time Vegetarians



## Synopsis

There are a lot of compelling reasons to eat less meat these days, but the shift to a totally or evenpartly vegetarian lifestyle is easier said than done for many beef, poultry, and fish lovers. In *Cook without a Book: Meatless Meals*, best-selling author Pam Anderson encourages readers to eat meat-free a day or two a week and makes it easy to do so with recipes for simple, fun vegetarian and vegan meals that are made from accessible, wholesome ingredients. To help readers prep their kitchens for meatless cooking, she includes tips and techniques for stocking the pantry and refrigerator. Instead of presenting complicated, inflexible recipes, she lays out blueprints with ingredient options for everything from hearty breakfasts and fun salads and sandwiches to satisfying main coursesâ€”so readers can craft a rewarding dish exactly to their personal tastes. Colorful, comprehensive, and perfect for parents, caretakers, and singles and couples alike, *Cookwithout a Book: Meatless Meals* will show all aspiring vegetarians that eating a little (or a lot) less meat can be simple, healthy, and totally delicious.

## Book Information

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## Customer Reviews

As a devout carnivore, I ordered this book because I have all six of Pam Anderson's cookbooks including one personally autographed by the author at a cooking class I attended. Seeing many sneak previews of the book via USA Weekend and ThreeManyCooks, I knew the book would be great. I will never be a vegan (having grown up in the dairy industry), but I would like to reduce the amount of meat I eat. This book will make it easy. There is a multitude of "MASTER" recipes, each

followed by a list of variations for one or more of the ingredients. This way, if you like the recipe, but don't like a specific ingredient, there is a list of "alternatives". Also, you may not have to run out and buy a specific item just to make the recipe. As with the author's previous book on how to "cook without a book", you probably will need to refer to the book to refresh your memory when making anything. The book is divided into two sections (1) Not Strickly for Breakfast, and (2) Fun Food for the Rest of the Day. The "breakfast" section contains wrap-and-runs, breakfast pizza, pancakes, scones, muffins, etc. The "rest of the day" has sections on salads, soups and stews, sandwiches, eggs and potatoes, pies for dinner (including quiche and veggie pizzas), etc. The last section has Italian, Asian and Mexican meals (pasta, risotto, stir-fries, and even a "taco bar"). The recipes are loaded with vegetables and you may be able to convince a vegetable-hater to actually enjoy vegetables for once. Many of the recipes call for vegetable stock and I was surprised that there was not a recipe for a home-made vegetable stock. The author does, however, recommend some brands. (Don't tell anybody, but I bet you could substitute Ch@#%en stock.

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