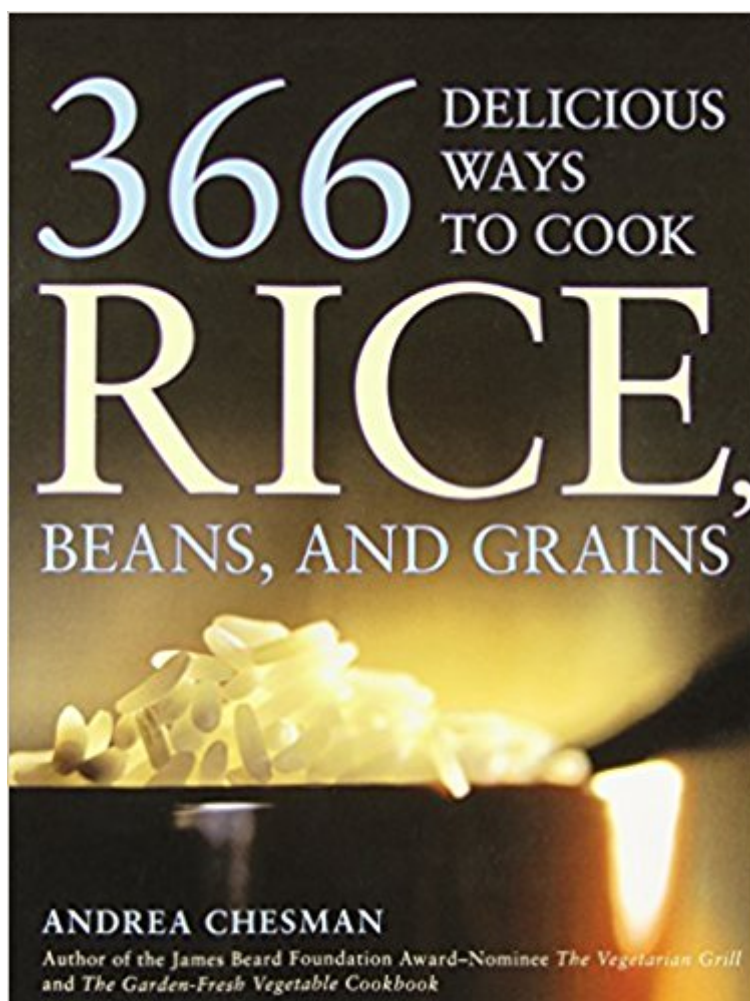




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366 Delicious Ways To Cook Rice, Beans, And Grains



Synopsis

Andrea Chesman presents 366 creative and flavorful "natural gourmet" recipes using a wide variety of beans and grains, like basmati and jasmine rice, adzuki beans, amaranth, and quinoa. Organized by course and main ingredient, these dishes range from light and lively starters to hearty and soul-satisfying foods that stick to your ribs but not to your waistline. American favorites are well represented here, but adventurous cooks will be pleased to find ethnic cuisines dominating this mouthwatering collection, including such recipes as: Healthy Mediterranean diet-inspired recipes Spicy Vegetable Couscous Pesto Pasta with Cranberry Beans Smoky Black Bean Burritos Jamaican-Style Rice and Peas This wonderful addition to our 366 Ways series features foods that are among the most versatile and healthful in the human diet, not to mention absolutely delicious. Recipes are high in flavor, low in fat. Each recipe includes a detailed nutritional analysis, which counts calories, fat, percentage of calories from fat, protein, fiber, sodium, and calcium. Vegetarian dishes dominate the collection, but healthful variations include salmon, shrimp, and chicken.

Book Information

Paperback: 480 pages

Publisher: Plume; English Language edition (February 1, 1998)

Language: English

ISBN-10: 0452276543

ISBN-13: 978-0452276543

Product Dimensions: 7.2 x 1.2 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 79 customer reviews

Best Sellers Rank: #352,117 in Books (See Top 100 in Books) #49 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Garnishes #99 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #400 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

By now, the most curious of home chefs are well-versed in the how-tos of whipping up cupfuls of amaranth, fava beans, and quinoa. Lest any cooking fan has been closeted in a dark pantry for five or more years, health food advocate Chesman educates and adds to the vegetarian repertoire. Many of the recipes represent rather innovative first-of-their-kind dishes or almost infinite (and

unusual) variations on a standard. Rice pudding, for instance, gets at least six new faces (vanilla yogurt and pina colada are two options). And fans of Japanese sushi will find it far easier to emulate chirashi sushi (vegetable-topped vinegared rice) than the original oriental meal. Nutritional analysis and attention paid to low-fat ingredients make this less of a carbohydrate-stuffing party. Barbara Jacobs

• An invaluable aid in my quest to add meatless main dishes to our weekly menu planning. • Rich Hines, Christian Science Monitor • Chesman educates and adds to the vegetarian repertoire. Many of the recipes represent rather innovative first-of-their-kind dishes or almost infinite (and unusual) variations on a standard. • Barbara Jacobs, Booklist

This is one of the best cookbooks I own (and I own a lot of them). Chesman starts out the book by going through everything you really need to know about legumes, rice and grains -- the different types, how each should be bought, stored and used, what each is good for, what each tastes and feels like in the mouth, etc. Her shopping and storing tips are worth the price of the book alone, but the recipes take it into the realm of the sublime. The book is well organized by broad chapter, e.g., beans, or rice & beans, with a clear listing of the recipes in each chapter and then the recipes themselves. Each recipe opens with a brief description of the dish or a positive feature about it and is then followed by a very clear list of ingredients and cooking instructions that are almost impossible to mess up. Chesman also gives nutritional content info including the overall protein, fat, sodium, and fiber of each dish, as well as the percentage of calories from fat. Most of the dishes are, or can very easily be, vegetarian, but she gives instructions on how to add meat and make certain dishes more traditional, such as adding salt pork to boston baked beans. She also gives alternatives such as turkey bacon for some dishes, so that the recipes can be adapted for vegans, non-vegan vegetarians, non red-meat eaters, etc. So far I have made Mediterranean White Bean Soup with Fennel, Pasta with Broccoli Rabe and Chickpeas, and Brown Rice and Lentils. All have been unbelievably great and really easy. The dishes freeze well so busy people can make a lot and freeze them in single-serving bowls, or have a party and feed a lot of friends or family without a lot of work. This book has a lot of great ways to add vegetables and protein to one's diet and get a lot of flavor without a lot of fat. All cookbooks should be this great. I can't recommend it highly enough.

This book is good introduction to rice, beans and grains because it breaks down what they all are and how to handle them. So far I've made about 10 recipes and have been less than thrilled with all

of them. The recipes lack flavor. Of course there are 366 recipes, so perhaps I chose the wrong ones :-). I have started using the book's recipes as a starting off point and adding my own seasonings to add flavor. It's a good place to start if you aren't too familiar with the products, but if you're not comfortable building off of someone else's recipe, this might not be the right book.

As the Conservative prescription takes hold, most of us will be confronted with "austerity". Less is more. Do without so others will not suffer taxes. Maybe all the recipes won't suit you. Could be you can't get the spices and condiments but here are two grains that fight hunger! Stock up! Five Stars!

Lots of good recipes in here. Although I would have loved to see more pictures in the book, I can't take stars off for it because of the wealth of knowledge and ideas. The whole family looked through the book, wrote down recipes they thought they might like on individual strips of paper and put them into a bag. We pull one out twice a week to try something different for the next evening's meal (unless you use canned, there is soaking or long cooking times involved). We've only had 1 complaint for dinner so far.

Ms Chesman offers tasty healthy recipes in her "Beans, Beans, Beans" chapter that have made an impact on my weekly menus. She is creative without getting too complicated. I have embellished upon a few recipes just to amuse myself, or to add a little more veggie broth powder or crushed red peppers. This is a cookbook to add to the shelf!

While I enjoyed this book for its ideas, I realized that I need to read through the whole recipe before beginning to cook something as there were several typos and ingredients shuffled that if you don't read the recipe beforehand and follow it exactly, you might leave ingredients out.

I have lots of cookbooks, but this is my everyday source. It's not overly dependent on cheese and other fatty ingredients, and yet Ms. Chesman doesn't shy away from them. Same with unusual ingredients--I can find quite a few recipes to choose from based on my pantry, but there's plenty of inspirational cooking here. All the recipes are simple, and use simple, healthy ingredients and every single one I've tried has turned out wonderfully. Mostly vegetarian, the few recipes that recommend meat ingredients offer vegetarian alternatives. I was looking for a cookbook like this for a long time and was so pleased when I started cooking from it and realized I'd found exactly what I was after! *Update 8/17/13* I wanted to add to this review because I continue to be so impressed with this

cookbook. I'm not sure it shows up in searches for "vegetarian" or "vegan" cookbooks, which is really too bad. So many of the reviews for the newest vegan cookbooks complain about all the meat analogs, and the reviewers say they were looking for "real food." I want to recommend this book to all of those people. Personally, I like to change things up with seitan or tempeh or even frozen "veggie ground" every once in a while. But 366 Delicious Ways has none of that. There are exactly two recipes that call for tofu, and they're Asian dishes. Everything else is beans, grains, vegetables, and the occasional dairy or egg. Some of my favorite dishes: Pizza-flavored Popcorn, Black Bean Salad with Goat Cheese, Vegetarian Paella (flavorful, and not at all greasy like some others I've tried), Syrian Lentils in a Spicy Tomato Sauce (like so many of these dishes, the ingredient list seems incredibly simple, but the flavor is outstanding), Dried Lima Bean Gratin (this has the creamy decadence of a great mac and cheese, but with beans and far less cheese - I make a white sauce instead of the can of evaporated milk called for), and Maple Baked Beans.

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