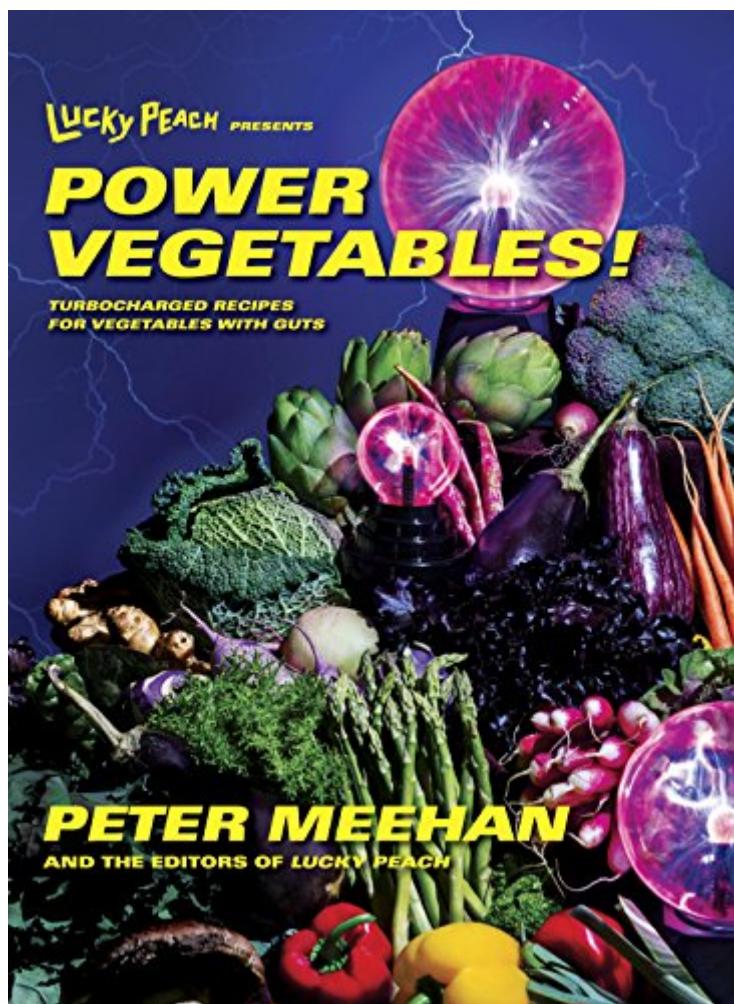


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# Lucky Peach Presents Power Vegetables!: Turbocharged Recipes For Vegetables With Guts



## Synopsis

Mostly vegetarian and infrequently vegan, the recipes in *Lucky Peach Presents Power Vegetables!* are all indubitably delicious. The editors of *Lucky Peach* have colluded to bring you a portfolio of meat-free cooking that even carnivores can get behind. Designed to bring BIG-LEAGUE FLAVOR to your WEEKNIGHT COOKING, this collection of recipes, developed by the *Lucky Peach* test kitchen and chef friends, features trusted strategies for adding oomph to produce with flavors that will muscle meat out of the picture.

## Book Information

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## Customer Reviews

Peter Meehan has written another cookbook from the *Lucky Peach* perspective: quirky and innovative. This book is named *Power Vegetables* because he wanted the title to reflect recipes which are able to satisfy without meat which means vegetable-centered meals. There are no pasta dishes, egg-on-it, or grain bowls. Fish and dairy are acceptable, and fruit is a vegetable - think tomatoes. Much appreciated is his *Power Pantry* section with pictures of his food jars. Seeing Squid Brand fish sauce makes finding it on the grocer shelf so much easier. Learning about curry leaves, kombu, and hing was a plus. Almost every recipe is accompanied by a photograph: a goofy picture

appears now and then such as a plastic dinosauer munching on caesar salad! Why keep it serious? The recipes are, for the most part, easy. I am surprised to find several common recipes included such as zucchini bread and vichyssoise, the reason being "ease is power." Many other recipes call for interesting ingredients or methods which beg trying. Boil 2 lbs. of potatoes with 2 cups of salt? I really enjoy the chatter giving background information or advice before each recipe. In addition, five guest chefs make an appearance to give their take on power vegetables: David Chang, Brooks Headly, Julia Goldberg, Jessica Koslow, and Ivan Orkin. I made SPANAKORIZO because it is Meehan's favorite dish in this book. It is a spinach and rice dish which is very tasty. My husband liked it with a hard boiled egg. Next were the PICKLED BEETS. These are not your mother's beets as the star anise and coriander seeds lend their own touch. They are very good. Wait a day or so before eating for optimum flavor. We have lots of carrots from the garden, so I made CARROT DASHI. I did let the kombu steep overnight in the frig. I am not a cooked carrot fan; however, this is now my favorite carrot recipe. I may even serve them cut in smaller pieces with toothpicks as an appetizer. So easy! So good! I highly recommend this book which has many intriguing recipes I look forward to making. Copy Gratis via Blogging for Books. These are my own unbiased opinions.

Come on, adventurous cooks! This ain't no "missionary" cookbook. This is veggies ... knee behind your ear--holler" recipes. Did I swerve out of my regular pantry stocking markets? YES. Did I have to read quite a few bottles and packages to make sure I had the right items? YES! But ... was it WORTH my Saturday morning. YES INDEEDY DOOOOOO!!! I've made four recipes and each of them r-r-rocked! The comments are concise and some are very funny. I consider this one of my better cookbook purchases. YUM!

I don't usually write to the forum, but one day while I was scrolling for some instruction on preparing vegetarian meals, Power Vegetables! suddenly appeared and -- like Grace Jones at Le Trapeze -- swooped me up into its irresistible embrace and carted me off to an unforgettable weekend! PV! seduced me with smooth Introduction and some clear-cut Rules ("No Pasta Recipes!" "No Egg-on-it Dishes!"). Gave me a safety phrase ("Fruits are vegetables!") then proceeded to pry open my eyes to a bold new world of essential condiments (Lao Gan Ma), hedonistic appetizers (Braised Cold Celery Hearts Victor!), rock-solid sides (Elote!), and main courses ranging from cuddly (Spanakorizo) to sizzling (Kung Pao Celeries!) to freaky ("Julia's Braised Collards with Peanut Butter"). I haven't tried the last just yet but fully expect to be mind-blown. Meehan and the Lucky Peach pranksters lay out instructions in frank sequence, with astonishing results, whose

consequences will be far-reaching! Thanks!

Over the past several years, chefs have been giving vegetables more attention. This book distills that effort down to recipes that work for the regular cooking hobbyist. The celery salad is fantastic. My daughter slurps down the pizza-bagel-as-soup. The pipian rojo was enormously bitter as written, but after the addition of a lot of maple syrup and a little marmite, it was a winner.

This grew on me over time. I initially loved the weirdness, the photography and the laid back spirit, but I've come to appreciate the recipes over time. They're very flexible (so not super perfect, which is what initially was off for me, after I baked from Dorie Greenspan's meticulous Cookie book all winter). This book is fun and breezy and has given me tons of great meals and lots of ideas and laughs.

This book is actually fantastic. The recipes are so easy and delicious. This is the best vegetable cookbook I own and I already had a huge collection.

Good book, fun in a miilineal way, but nothing earth shattering here. Just another item for sale from an already successful foodie company. If you are a trained chef you're probably doing a lot of this stuff already...great book for the TV Chef de Jour crowd though! Nice and fun photos and quality paper.

Fun cookbook. Nice vintage design and great layout. The recipes are amazingly good. Not just for vegetarians, this book would be a great gift for anyone that likes to cook.

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