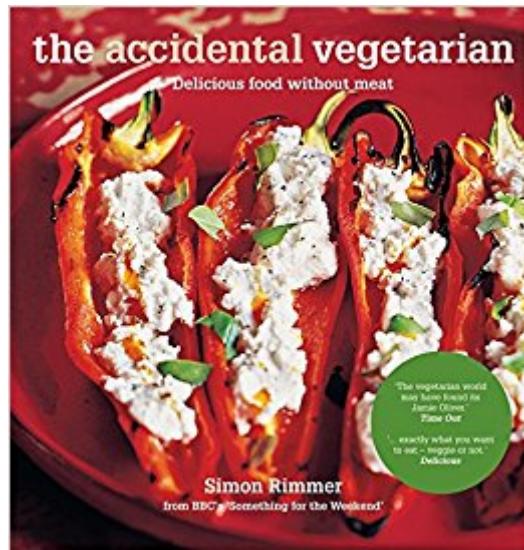


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The Accidental Vegetarian



Synopsis

Written by a confirmed carnivore who found himself running a vegetarian restaurant, this is a collection of vegetarian recipes that are both quick and appetising.

Book Information

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Customer Reviews

In the introduction to this slim vegetarian cookbook, the author, a proprietor of a British restaurant called Greens, cops to being neither a professionally trained chef nor a vegetarian. Nevertheless, this compilation of his restaurant's greatest hits has appeal. The recipes take their cues from Mexican, Italian, Indian, even Moroccan cuisine; they are easy to follow and, in general, appetizing. An Asparagus, Potato, and Fennel Salad with Italian Dressing couldn't be easier but tastes dinner-party classy, as does a Sun-Dried Tomato, Mozzarella, and Basil Tart. However, to get the most out of this cookbook, the intrepid vegetarian must not mind the author's twee Britishisms (chocolate is "choccy

'The vegetarian world may have found its Jamie Oliver.' Time Out

I am a personal chef who has vegetarian clients. I love being adventurous with vegetables. My preference has always been vegan cookbooks because they are more creative than the vegetarian books. I have found for myself that I have developed a problem with eating too much soy, so therefore due to vegan food using a lot of soy I decided to try more vegetarian meals. Rimmer's

book is wonderful and the recipes are not too arduous as I have found with my vegan specialties. I love his banana dhal, it is simple and delicious, I make it as a main course served with basmati rice. The other dish is the pumpkin enchilladas, however, my mole sauce wasn't a success because I left out the chillis. I highly recommend this book for someone starting to explore vegetarian food.

Really amazing recipes, easy to follow and the 10 or so I've tried have all been lovely, particular favourites are the enchiladas and the gnocchi, having seen a lot of TV shows where they fry the gnocchi after boiling it I decided to tweak the recipe and try that, just added an extra element of yum! :)

Excellent book for anyone exploring the world of Veganism.

I'm eating more and more vegetables, much less processed food, and variety is the spice of life. The recipes here are good starting points for me to start experimenting with combinations of foods and techniques to keep the trend going.

There are several recipes I will try, and that I think would be great to serve to meat eaters as well.

This was probably one of the most useless cookbooks I have ever bought. I was hoping to find some great non-meat recipes in order to reduce our grocery bill, and I thought it would be a great idea to find one from an author who is not a vegetarian. Too many times vegetarian cookbooks are way too adventurous for someone not used to eating so many rare vegetables and legumes. But this one just was not worth the money. Too many of the recipes are too complicated with lots of ingredients that are difficult to find. And they just don't seem like meals my children would eat.

Examples of main suppers include lemon grass risotto with lime leaf tapenade, homemade gnocchi with wild mushroom and rosemary ragu (who has time for that?), sweet potato and pineapple sandwich, and rendang shallot and asparagus curry. The flavors here are just too exotic for my family's tastebuds. I was hoping for easy, healthy, but substantial recipes that use lots of peas, beans, common vegetables, and a bit of fish or cheese. Pastas and stir-frys are my favorites and they allow the children to adjust their meal if they don't like the recipe exactly. I gave this two stars because for someone a bit more bold in their food choices this might be inspiring. Just be aware that this book relies heavily on cheese, so the food is on the fatty side. Wouldn't really recommend, though.

As a long-time vegetarian with a big shelf full of books I am hard to excite with another new vegetarian cookbook. Receiving this book as a gift I expected another beautifully presented volume created for maximum impact on the coffee table but out of place in a practical - I've got a day job, omnivorous family to feed and no time for mucking about - kitchen. As this book is from a non-vegetarian, non-chef, I was not expecting much. What I discovered was a great set of quirky vegetarian recipes that are well explained and do not require exotic ingredients or days of preparation. Christmas dinner is the ultimate test for me. My wife's family are not vegetarians and serving something that's not Meat, Meat and Two Veg is breaking all the rules for them. I relied totally on this book and served Basil Roulade with goat's cheese and sun-blushed tomatoes (time-consuming, but delicious), Pan Haggerty (small serving size but very popular) and Fine Beans with Garlic and Tomato sauce (no vampires in our house since). It went down a treat. The in-laws gave it the thumbs up, so I give this book the double thumbs up. The only drawback is that if you think in Decimals then dig out your conversion charts because unfortunately all the recipes use Imperial measures (what the heck is a "Stick Of Butter"???). This is the only drawback of this cookbook.

I picked up this book as a random impulse buy on sale after a brief flip through, not expecting to use it very much as I typically find recipes online. I have absolutely fallen in love with it, the recipes are lovely, simple and described in the most endearingly quirky style, the images that go with them are lovely and similarly warm and simple. The only thing detracting from the magic of this little gem is the intimidatingly huge portion sizes, a great book for a family of four or five, but for my little household, there is usually math involved ;)

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