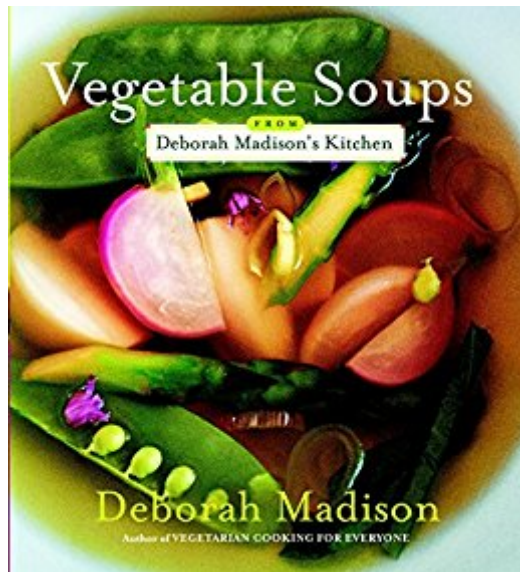




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Vegetable Soups From Deborah Madison's Kitchen



Synopsis

In *Vegetable Soups* from Deborah Madison's Kitchen, America's favorite vegetarian cookbook author presents more than 100 inventive and straightforward soup recipes guaranteed to satisfy appetites all year long. Deborah Madison has shown millions of Americans how to turn vegetables and other healthful ingredients into culinary triumphs. In her newest collection of recipes, She serves up a selection of soups ranging from stylish first courses to substantial one-bowl meals. Madison begins with a soup-making primer and streamlined recipes for vegetable stocks and broths (such as the Hearty Mushroom Broth), which serve as the foundation for many of the recipes that follow, for those who wish to make their own. Soups like the Mexican Tomato Broth with Avocado and Lime can start a supper or stand alone as a simple, light meal. Cooks looking for heartier choices will find satisfying dishes such as Potato and Green Chile Stew with Cilantro Cream or grain-based soups like the Wild Rice Chowder. Organized by seasons, the recipes make the most of the produce—from a springtime Fennel and Almond Soup with Saffron and Ricotta Dumplings to a deeply flavorful autumnal Roasted Squash, Pear and Ginger Soup. When time just isn't available and prepared soups take the place of home made, Madison offers a battery of suggestions for how to make them your own with simple additions from delicious oils and herbs to an invigorating Cilantro Salsa. Featuring fifty stunning full-color photographs by Laurie Smith, serving suggestions, wine notes, and a host of ideas for creative finishing touches including caramelized pear "croutons" and souffléed cheese toasts, this friendly soup lover's guide gives the reader a hundred delicious ways to enjoy the benefits and flavors of vegetables by the bowlful throughout the seasons. When I said I was working on a soup book, the response was often, "Oh, I love soup!" People enthuse about soup in a way that's so heartwarming it makes me feel as if I'm in the right camp... The soups in this book are based on vegetables, and many of these recipes are new ones for me. But some are soup classics, by which I mean some of those that have stood the test of time in my kitchen, (Quinoa, Corn, and Spinach Chowder) and those that are classics in the culture (Boston-Style Black Bean Soup). I've tried to streamline these dishes as much as possible without sacrificing goodness, so that you can easily enjoy them in your own kitchen. I hope you do enjoy making these soups and add them, one by one, to your repertoire.

—from the Introduction

Book Information

File Size: 82595 KB

Print Length: 240 pages

Publisher: Ten Speed Press (June 6, 2012)

Publication Date: June 6, 2012

Sold by: Amazon.com Random House LLC

Language: English

ASIN: B007SGM1II

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #179,304 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #48

in Kindle Store > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Wine Pairing #69

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Soups & Stews #96

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian > Vegetables

Customer Reviews

Wonderful soup recipe book from a great vegetarian source. I am totally happy with this book. If you are looking for something to help you make nourishing soups, this is it.

This is an excellent recipe book, with many healthy recipes for soup. I have not make a soup that I didn't like using this book. I became aware of it when I was company at someone's house who used it to make our soup. That's where I became interested in it. I would highly recommend it!

I bought this book on my honeymoon, and have been cooking regularly out of it ever since, with exceptional results. Deborah Madison is my go-to cookbook author for delicious food that's just a bit out of the ordinary. My whole family loves these recipes, from the simple beans and pasta to roasted tomato soup with curry to the summer squash soup with masa harina dumplings. I just bought it as a gift for a friend, and can highly recommend it to anyone wanting to expand their palate without expanding their budget or repertoire of techniques.

I have been cooking from this book for a few months and Deborah Madison has quickly become one of my favorite (if not my go-to) cookbook authors. I also have here Vegetarian Cooking for Everyone, Local Flavors, and Vegetarian Suppers (all of them will forever have a space on my large cookbook shelves - but hers stay on my counter usually and don't even get put on the bookcase downstairs because I cook from her books most often! I also use her books when I am in a rut and need to some menu planning inspiration). I have been making the shift to eat more vegetables and whole grains lately and couldn't have done it as deliciously if not for Ms. Madison. When you find an author who creates food with the depth of flavors as she does, and those happen to be flavors that make my taste buds immensely happy, you just buy whatever they publish. This did not disappoint. The recipes are arranged according to season which I find VERY helpful as I'm trying to eat more seasonally, the photos are gorgeous (though with any cookbook I wish there were photos with every recipe), the photos show soups served up in beautiful pottery, and the recipes that I have tried are very tasty and ones that I would make again. Last night I made the Cheddar and Broccoli Soup and it was wonderful. I am SO looking forward to leftovers for lunch today! There are wine/beer pairing suggestions for each soup as well. I found this to be helpful and fun! I look forward to cooking my way through this book!

I bought this to give as a gift but will be buying one for myself, as well. The recipes and pictures are amazing. There are so many delicious-sounding recipes, some simple and some gourmet.

I don't like meat in soups so this is just the ticket for me. Who can't use a good soup cookbook? And it can help you lose weight if you would eat more soup like this.

Really good for you food. I love having this variety of vegetable soups to choose from.

Based on other reviews I purchased this book. Have checked out the author's other books from the library and new her general style. What I have discovered after having tried three of the recipes is that Deborah Madison has a unique ability to pare unexpected food / flavor combinations for FANTASTIC effect. In a word, she knows how to mix things up! For instance, upon reading the recipe for peanut soup I was totally unconvinced by her statement that this was a "substantial" meal. I was thinking of what to serve with the soup to ensure a filling meal...should have listened to the chef! Somehow, the combination of peanut butter, coconut milk, and tomatoes comes together with her unique seasoning combination for a WONDERFUL FLAVORFUL and FILLING soup...go figure!

My only caveat is I think her spice measurements tend to be too small for the amount of liquid...I upped the garlic and some spices on all the recipes I have have tried so far. This is one cookbook WELL worth its price...I will be using this one for years to come. One suggestion for anyone seeking to improve the calibre of their vegetarian cooking: Check out Jeanne Lemlin. She never gained the celebrity status of D.M. or Mollie Katzen, but her recipes are just as creative as Deborah Madison's and I find Jeanne Lemlin's recipes to be foolproof and in need of less tweaking.

Vegetarian Classics: 300 Essential and Easy Recipes for Every Meal
Simple Vegetarian Pleasures

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