



# The New Vegetarian Cooking for Everyone

By Deborah Madison

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**A fully revised and expanded edition of the most comprehensive vegetarian cookbook ever published, with more than 400,000 copies in print, from America's leading authority on vegetarian cooking.**

Originally published in 1997, Deborah Madison's *Vegetarian Cooking for Everyone* was both ahead of its time and an instant classic. It has endured as one of the world's most popular vegetarian cookbooks, winning both a James Beard Foundation award and the IACP Julia Child Cookbook of the Year Award. Now, *The New Vegetarian Cooking for Everyone* picks up where that culinary legacy left off, with more than 1,600 classic and exquisitely simple recipes for home cooks, including a new introduction, more than 200 new recipes, and comprehensive, updated information on vegetarian and vegan ingredients. A treasure from a truly exceptional culinary voice, *The New Vegetarian Cooking for Everyone* is not just for vegetarians and vegans—it's for everyone interested in learning how to cook vegetables creatively, healthfully, and passionately.

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## The New Vegetarian Cooking for Everyone By Deborah Madison Bibliography

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## Editorial Review

Amazon.com Review

### Tangerine Pudding Cake with Raspberry Coulis

*Usually a pudding cake is made with lemon, but here the zest and juice of ultra-sweet tangerines assume the citrus role. The exact variety isn't crucial—I've used Pixie tangerines, which peak in mid-April, Satsumas, which arrive in November, and those that fall in between, such as Honeybell, Page, Dancy, and so forth. A pudding cake requires a water bath, so be sure you have a large enough baking dish to hold your custard cups.*

*Serves 4-6*

#### pudding

- 3 eggs, separated
- ½ teaspoon salt
- ½ cup plus 2 tablespoons organic sugar
- 3 tablespoons unsalted butter, at room temperature
- 2 teaspoons finely grated tangerine zest
- 1 cup milk or light cream
- ½ cup tangerine juice (from 2 to 4 tangerines, depending on their size)
- 3 tablespoons all-purpose flour
- Raspberry Coulis (recipe follows)
- Softly whipped cream

#### Directions

Preheat the oven to 350°F. Lightly butter 4 custard cups or six smaller ramekins. Zest, then juice the tangerines. Put up a kettle of water to boil for the water bath.

Whisk the egg whites with the salt on medium speed until foamy. Increase the speed and gradually add 2 tablespoons of the sugar and continue beating until the whites are thick and glossy. Scrape them into a large bowl. Rinse out the mixing bowl, wipe it dry, and return it to the mixer. Beat the butter with the remaining ½ cup sugar and tangerine zest until light and fluffy. Add the egg yolks one at a time. When well mixed, gradually pour in the milk and juice, then whisk in the flour.

Pour the batter over the whites and fold together. Distribute among the custard cups, then put the cups in a larger baking pan and add boiling water to come halfway up the sides of the cups. Bake until the tops have risen, are golden, and spring back when pressed with a finger, about 30 minutes. Remove them from the water bath. Serve slightly warm or at room temperature, the coulis drizzled over the puddings and with a small cloud of whipped cream.

#### Raspberry Coulis

- 3 tablespoons sugar

- 3 cups frozen organic, unsweetened raspberries
- 3 tablespoons orange Muscat wine or other sweet wine, optional
- 1 teaspoon fresh lemon or tangerine juice

Bring 2 cup water to a boil with the sugar, stir, and simmer until the sugar is dissolved. Add the raspberries, simmer for 1 minute, then turn off the heat and let stand for 5 minutes. Force the juice through the sieve with a rubber scraper. Stir in the wine and the lemon juice, adding more to taste if needed, then chill.

### **Edamame and Sesame Puree on Black Seaweed Crackers**

*Well, this pale green puree would be good on sesame crackers too but looks so great against the black seaweed crackers. This is one use of soybeans I like.*

*Makes about 1 1/2 cups, enough for about 20 crackers.*

- 1 ½ cups shelled fresh or frozen edamame beans (not in the pods)
- Sea salt
- ¼ teaspoon minced garlic
- 1 ½ teaspoons toasted sesame oil
- 1 teaspoon or more to taste Meyer lemon juice
- ½ teaspoon toasted black sesame seeds—more if you’re making crackers for a crowd
- 1 very thinly slivered green onion on the diagonal, for garnish

Bring a few cups of water to a boil. Add the edamame, a few pinches salt, and return to a simmer. Cook until they’re done, about 4 minutes, then drain, but reserve at least 1 cup of the cooking water.

Put the edamame in a food processor with the garlic, ½ teaspoon salt, and 1 teaspoon sesame oil. Pulse to puree, adding the reserved cooking water as needed to make the mixture smooth and creamy, about ½ cup but possibly more. Add lemon juice to taste and check again for salt.

Scrape the puree into a shallow bowl and run a knife back and forth over the top. Drizzle the remaining sesame oil over the top, then scatter over the sesame seeds and the green onions. Serve at room temperature with crackers, or mound the puree on each, add a few extra black sesame seeds and garnish with slivered green onion.

### **Review**

“This is my favorite reference for all things vegetable. Deborah offers us such breadth of cooking knowledge--more than 1,600 recipes! Each recipe has concise information, and conveys so much in just a few words. Even 20 years after its first publication *The New Vegetarian Cooking for Everyone* still feels fresh and vital, brimming with mouthwatering food and wise counsel.”

-David Tanis author of *One Good Dish*

“Comprehensive doesn’t even begin to describe this all-encompassing classic of a book. Deborah Madison’s thoughtful and modern approach to cooking vegetables makes her a top authority on the subject, as well as a marvelous practitioner, crafting the most delicious dishes and exciting flavor combinations.”

-Yotam Ottolenghi, author of *Jerusalem*

“More than any other, this is the book that gave me a foundation in the kitchen. It is the seminal book that, with each successful recipe I cooked, encouraged me to attempt another. And, it was the book that first outlined for me the expansive vegetarian palette of ingredients that I would continue to draw inspiration from

to this day. This new edition sparks all of the same feelings, and I'm incredibly excited and thankful for the new generation of cooks about to discover the flavor, color, beauty, and nourishment that Deborah's recipes bring to the table.”

-Heidi Swanson, author of *Super Natural Every Day*

How do you improve on a classic? Update the recipes, add a bunch of new ones, and add a slick new cover design that will have even the diehard fans of the original happily in the kitchen. Oh, and meat eaters: don't sleep on Madison just because the word "vegetarian" is in the title. You might learn something.

-Eater.com

#### About the Author

DEBORAH MADISON is revered for bringing vegetarian cooking to a wide audience, including non-vegetarians, and is a bestselling author, with book sales of more than 1.2 million copies. She is the award-winning author of 13 cookbooks, including *New Vegetarian Cooking for Everyone* and *Vegetable Literacy*. Deborah is well known for her simple, seasonal, vegetable-based cooking. She got her start in the San Francisco Bay Area at Chez Panisse before opening Greens. In 1994, Madison received the M.F.K. Fisher Mid-Career Award from Les Dames d'Escoffier and in 2016 she was inducted into the James Beard Foundation Cookbook Hall of Fame.

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