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# Cook Without A Book: Meatless Meals: Recipes And Techniques For Part-Time And Full-Time Vegetarians



## Synopsis

There are a lot of compelling reasons to eat less meat these days, but the shift to a totally or even partly vegetarian lifestyle is easier said than done for many beef, poultry, and fish lovers. In *Cook without a Book: Meatless Meals*, best-selling author Pam Anderson encourages readers to eat meat-free a day or two a week and makes it easy to do so with recipes for simple, fun vegetarian and vegan meals that are made from accessible, wholesome ingredients. To help readers prep their kitchens for meatless cooking, she includes tips and techniques for stocking the pantry and refrigerator. Instead of presenting complicated, inflexible recipes, she lays out blueprints with ingredient options for everything from hearty breakfasts and fun salads and sandwiches to satisfying main courses—so readers can craft a rewarding dish exactly to their personal tastes. Colorful, comprehensive, and perfect for parents, caretakers, and singles and couples alike, *Cook without a Book: Meatless Meals* will show all aspiring vegetarians that eating a little (or a lot) less meat can be simple, healthy, and totally delicious.

## Book Information

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## Customer Reviews

Pam Anderson considers herself Every Cook. A New York Times bestselling author, she has been cooking nearly everyday for over 30 years. With six published books and her seventh out this fall, she brings satisfying recipes and sage advice to both novice and veteran cooks. Whether you're on a quest for the perfect brownie, wanting to get dinner on the table effortlessly, hoping to entertain more simply, attempting to shed pounds permanently, or looking to eat delicious meatless, Pam can

help. AARP's official food expert, she is a food columnist for USA Weekend and Runner's World magazines. Pam is former Executive Editor of Cook's Illustrated magazine. Her food articles have appeared in many food magazines. She teaches cooking classes across the country and appears frequently on TV and radio. See what Pam's up to on her blog: [threemanycooks.com](http://threemanycooks.com)

As a devout carnivore, I ordered this book because I have all six of Pam Anderson's cookbooks including one personally autographed by the author at a cooking class I attended. Seeing many sneak previews of the book via USA Weekend and ThreeManyCooks, I knew the book would be great. I will never be a vegan (having grown up in the dairy industry), but I would like to reduce the amount of meat I eat. This book will make it easy. There is a multitude of "MASTER" recipes, each followed by a list of variations for one or more of the ingredients. This way, if you like the recipe, but don't like a specific ingredient, there is a list of "alternatives". Also, you may not have to run out and buy a specific item just to make the recipe. As with the author's previous book on how to "cook without a book", you probably will need to refer to the book to refresh your memory when making anything. The book is divided into two sections (1) Not Strickly for Breakfast, and (2) Fun Food for the Rest of the Day. The "breakfast" section contains wrap-and-runs, breakfast pizza, pancakes, scones, muffins, etc. The "rest of the day" has sections on salads, soups and stews, sandwiches, eggs and potatoes, pies for dinner (including quiche and veggie pizzas), etc. The last section has Italian, Asian and Mexican meals (pasta, risotto, stir-fries, and even a "taco bar"). The recipes are loaded with vegetables and you may be able to convince a vegetable-hater to actually enjoy vegetables for once. Many of the recipes call for vegetable stock and I was surprised that there was not a recipe for a home-made vegetable stock. The author does, however, recommend some brands. (Don't tell anybody, but I bet you could substitute Ch@#%en stock.) And yes, there are a very few recipes that include tofu, if you might want to try that item, (or skip over to another recipe that doesn't). The recipes lack nutritional data, but this would almost be impossible due to the variations presented for the recipes. Most vegetables (except the starchy ones) are low in calories and the grains and legumes provide protein and essential amino acids. Although some of the recipes are vegan, I would not recommend this book to a vegan since many of the recipes call for dairy products or eggs. I definately will be making some of these recipes soon.

I have owned this book since last summer when I was overwhelmed by our CSA box and trying to figure out how we could possibly eat so many produce items. We are not vegetarian but I strive for about half of our meals to be meatless, for our own health and the health of the environment. I love

this cookbook! I disagree with the reviewer who said it is "not for the experienced cook." I have been cooking for about 25 years and I found lots of great recipes and ideas. No, it is not fancy frou-frou stuff, but I love the flexibility of being able to swap out this for that and make adaptations based upon what I have on hand. I have not yet made a recipe that we did not like. I also like that there are only a few recipes with tofu/tempeh/etc. My son can't have soy and I don't like it anyway. I found almost all the recipes to be kid-friendly for my 7 and 3 year old.

I prefer to cook with a basic recipe that can be changed each time I make it for variety. This book is exactly that--master formulas that can be altered to create a new meal! We've used several recipes and all of them were great. After using this book I purchased the original "How to Cook Without a Book: Recipes and Techniques Every Cook Should Know by Heart" as well. The formulas are simple and quick to prepare and cook. Each recipe has suggested variations based on Anderson's favorites and suggestions for creating your own. Both books have made meal planning much easier. I no longer have to have specific produce for recipes and can use what is available any time of the year.

A friend recommended this book after learning about it at a vegetarian festival. She liked it so much she bought a copy. I borrowed a copy from a library and tried some of the recipes - excellent! After keeping the library copy for the absolute limit, I ordered my own copy from . The author explains basic recipes and techniques, which are very useful, and her step-by-step recipes are a breeze to follow. Every recipe I've made has been a hit - yum! The photos and book design are extremely appealing, too. This is a great resource for healthy and appetizing meatless meals.

Lots of great meatless options that even meat eaters will love.

This cookbook was in great condition and was received fast. I really have enjoyed reading this book and trying some of the recipes. The few recipes that I have tried turned out very well, and I am not that good of cook. but these turned out good.

This has become my go-to cookbook when I don't know what to cook. It has so many recipes you can make relatively quickly, and bend and tweak to match whatever ingredients are around the house. Great if dinner needs to be ready in an hour and you don't have a clue what to make!

Was given as a gift.....sorry, not comment.

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