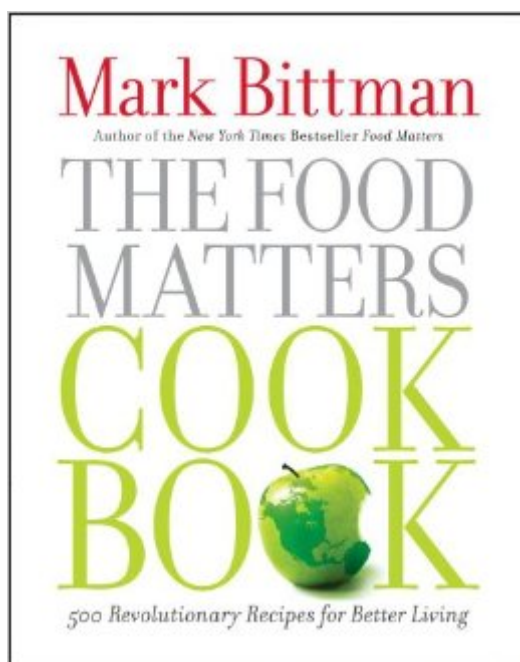


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The Food Matters Cookbook: 500 Revolutionary Recipes For Better Living



Synopsis

From the award-winning champion of conscious eating and author of the bestselling *Food Matters* comes *The Food Matters Cookbook*, offering the most comprehensive and straightforward ideas yet for cooking easy, delicious foods that are as good for you as they are for the planet. *The Food Matters Cookbook* is the essential encyclopedia and guidebook to responsible eating, with more than 500 recipes that capture Bittman's typically relaxed approach to everything in the kitchen. There is no finger-wagging here, just a no-nonsense and highly flexible case for eating more plants while cutting back on animal products, processed food, and of course junk. But for Bittman, flipping the ratio of your diet to something more virtuous and better for your body doesn't involve avoiding any foods—indeed, there is no sacrifice here. Since his own health prompted him to change his diet, Bittman has perfected cooking tasty, creative, and forward-thinking dishes based on vegetables, fruits, and whole grains. Meat and other animal products are often included—but no longer as the centerpiece. In fact the majority of these recipes include fish, poultry, meat, eggs, or dairy, using them for their flavor, texture, and satisfying nature without depending on them for bulk. Roasted Pork Shoulder with Potatoes, Apples, and Onions and Linguine with Cherry Tomatoes and Clams are perfect examples. Many sound downright decadent: Pasta with Asparagus, Bacon, and Egg; Stuffed Pizza with Broccoli, White Beans, and Sausage; or Roasted Butternut Chowder with Apples and Bacon, for example. There are vegetarian recipes, too, and they have flair without being complicated—recipes like Beet Tartare, Lentil "Caviar" with All the Trimmings, Radish-Walnut Tea Sandwiches, and Succotash Salad. Bittman is a firm believer in snacking, but in the right way. Instead of packaged cookies or greasy chips, Bittman suggests Seasoned Popcorn with Grated Parmesan or Fruit and Cereal Bites. Nor does he skimp on desserts; rather, he focuses on fruit, good-quality chocolate, nuts, and whole-grain flours, using minimal amounts of eggs, butter, and other fats. That allows for a whole chapter devoted to sweets, including Chocolate Chunk Oatmeal Cookies, Apricot Polenta Cake, Brownie Cake, and Coconut Tart with Chocolate Smear. True to the fuss-free style that has made him famous, Bittman offers plenty of variations and substitutions that let you take advantage of foods that are in season—or those that just happen to be in the fridge. A quick-but-complete rundown on ingredients tells you how to find sustainable and flavorful meat and shop for dairy products, grains, and vegetables without wasting money on fancy organic labels. He indicates which recipes you can make ahead, those that are sure to become pantry staples, and which ones can be put together in a flash. And because Bittman is always comprehensive, he makes sure to include the building-block recipes for the basics of home cooking: from fast stocks,

roasted garlic, pizza dough, and granola to pots of cooked rice and beans and whole-grain quick breads. With a tone that is easygoing and non-doctrinaire, Bittman demonstrates the satisfaction and pleasure in mindful eating. The result is not just better health for you, but for the world we all share.

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Customer Reviews

Mark Bittman's Creamy Navy Bean and Squash Gratin with Bits of Sausage from The Food Matters Cookbook I cook for the holidays the traditional way, though my definition of "traditional" might not be the same as yours. For me, "traditional" means going to the market, picking out what looks good and fresh, and ignoring the rest. It means starting with fresh fruits and vegetables, whole grains, and beans and using meat as a seasoning or garnish, the way our ancestors did. It means looking to other people's culinary heritages for ingredients and seasonings—things like real Parmesan cheese, smoked Spanish paprika, or Thai fish sauce—that make the dishes I grew up with more interesting and exciting. My holiday cooking isn't rigid or static, nor is it innovative for the sake of being innovative. What it is is good for my health, good for the planet, and, most importantly, delicious. --Mark Bittman Makes 4 servings Time: 1 1/2 hours with cooked or canned beans, largely unattended Ingredients 4 ounces Italian sausage, casings removed, optional 1/4 cup half-and-half or cream 1 tablespoon chopped fresh rosemary, or 1 teaspoon dried 3 cups cooked or canned navy beans, drained, liquid reserved Salt and black pepper 1 small butternut squash, peeled and seeded 1/2 cup vegetable stock or

water, or more as needed 3 tablespoons olive oil 1/4 cup grated Parmesan cheese, optional

Instructions Heat the oven to 325° F. If you're using the sausage, put a small skillet over medium-high heat. When it's hot, add the sausage and cook, stirring to break it into small pieces, for 5 to 10 minutes; don't brown it too much. (If you're not using the sausage, skip to Step 2.) Combine the half-and-half, rosemary, and beans in a 2-quart baking dish; sprinkle with salt and pepper. Tuck the crumbled sausage (if you're using it) into the beans. Cut the butternut squash halves into thin slices. Spread the slices out on top of the beans, overlapping a bit; press down gently. Pour the stock over the top, drizzle with the oil, and sprinkle with more salt and pepper. Cover with foil and bake for 45 minutes. Remove the foil and continue baking until the top is browned and glazed, another 45 minutes or so. Add a little more stock if the mixture seems too dry. And sprinkle the top with the Parmesan if you're using it for the last 10 minutes of cooking. Serve immediately or at room temperature.

Starred Review. Bittman, New York Times columnist and bestselling author (How to Cook Everything) provides a rational approach to eating that not only improves health but also helps the environment. Extolling the benefits of a plant-heavy diet, Bittman offers more than 500 healthful recipes that feature unprocessed fruits, vegetables, legumes, nuts, and whole grains and reduce all types of meat to backup players. In addition, he shares five basic principles for sane eating that are easy to implement and understand as well as an unusually helpful pantry section and handy charts for substituting produce and seafood by season. Recipes focus on flavor, such as lemony zucchini risotto, which uses brown rice, and curried chickpeas and cauliflower with chicken. His chapter on beans offers a particularly varied selection, like a lentil stir-fry with mushrooms and caramelized onions, white beans and shrimp burgers, and beer-glazed black beans with chorizo and orange. Bittman also provides a resourceful index of dishes that can be made quickly as well as meals that can be made ahead of time. Practical and balanced, this collection will shape the way we cook at home for years to come. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Most of the recipes in this book are excellent, but in using it I have found that frequently the time to cook things isn't right, and the oil amounts used, where its used, aren't right either. Consistently we have had to add slightly more oil and longer cook times to many of the recipes. Only a few have been abject disasters, and this is from trying the same recipe at least twice, usually three times before condemning it. Overall, it's an excellent book-- just be aware of what I said if you use it. For

example, there is a recipe for stir fry with brown basmati rice cakes that says to overcook the rice and then try to brown/fry it in a pan. Good luck with that! We found that can't be right, because overlooked rice makes a sticky burned mess, even adding extra oil, or using a different pan, or changing the heat/flipping it sooner. Do NOT overcook the rice, even though that's what the instructions say verbatim! This is a stronger example of "something in this can't be right" within the instructions of this book. Still, no regrets-- cooking new things is an adventure, and your taste buds will hug you for it!

This book has so many practical recipes to use in everyday cooking. There are basic recipes like making granola, and others that originate from around the world. Mark Bittman provides us with recipes for many exotic spice mixtures. I have found his suggestions useful and recipes practical for limiting the impact of animal products. Beans, whole grains and lots of fresh vegetables are used widely in the recipes. This is now a bargain priced book that would complement any cook's library. There are so many recipes for snacking, dips, soups vegetables, main courses and desserts. Not only are these recipes healthy for the body, they are packed with flavor.

I have been off and on using Mark Bittman's VB6 diet. I was looking for more recipes that would not totally ruin my daily progress and would have some real taste to the food. I found that this cookbook does both for me. The recipes are easy to do and not only appealing to the eye but they taste good also. Would recommend this book to both dieters and non-dieters alike.

Food matters is packed full of easy to follow, quick recipes. Everything is extremely tasty and many of the recipes introduce concepts or techniques that can be applied more widely than just the recipe. The recipes don't break across the page, or in other words, some pages have more than one recipe, or in other words there really is a lot of recipes available. In our house, we've been really trying to eat healthier and cut out the amount of meat that we eat. Food matters makes it easy to be creative and has tons of ideas. The organization is really intuitive and the index is comprehensive. I never read the companion book, but the first few chapters of the cookbook seem like a succinct summary of a new way to eat. I would highly recommend this book to anyone and have already copied many recipes for friends!

i really liked this book. it was an easy transition to learning more about vegetarianism. a year ago, i was a tried-and-true omnivore.. someone who asked vegetarians lots of annoying (and likely

sometimes inappropriate) questions about why they don't eat meat and assumed they must surely miss it! i had lots of stereotypes about vegetarianism like it must not be healthy, it's just an excuse to eat a lot of fried cheese, etc. i've done a 180 on these views. i'm still not sure that i could ever be a full-blown vegetarian, but i now really appreciate the lifestyle choice and i have a lot of respect for vegetarians. the flexitarian philosophy is an easy-to-implement lifestyle that helps health, the earth, and your pocketbook! what's not to love?! i had started reducing my meat intake for a few months before i got this book - would skip the meat for a meal or two a week, but now i'm the opposite. i now eat vegetarian for breakfast and lunch and for at least half my dinners. when i do eat meat at home, i have considerably reduced the amount of meat in my dishes - for example, i might put 4 ounces of ground turkey in a batch of marinara sauce where the recipe calls for a pound. this has worked really well for me and i've even brought my midwestern down-home meat-eating boyfriend around on the lifestyle -- he now eats veggie rice and beans for lunch. it's cheaper and delicious! i hope you enjoy learning about this lifestyle as much as i have. it also turned me on to a bunch of food documentaries that basically support this same conclusion. very interesting. i only gave this 4 stars because i didn't personally get a whole lot from the recipes part of the book, which is like half of it, but i could see that being really helpful for people. i just am not big on following recipes. gave me some ideas for ingredients though!

Huge mark bittman fan. I own everything he has written, even as a vegetarian. I love his message on food and eating and encourage everyone to delve into his cookbooks, articles, blog, Facebook, anything you can get your hands on.

This little book has given us an easier path to healthy eating: more vegetables, whole grains and legumes-- less meat. It also introduced us to some unusual flavor combinations. It is fun to use these recipes because the author offers so many variations. If you don't have one ingredient, you can surely find another that will go nicely in your own larder... no "cut and dried, this is the way it must be down to a pinch of this or that. " This book is for experienced cooks and neophytes. There was more commentary than recipes, but it all fit together, and both my husband and I have used the recipes for successful/delicious dishes. We intend to buy all his cookbooks now!

Bittman's cookbooks are smart, well thought out and incredibly useful. They are the ones that I keep going back to despite a shelf of other cookbooks. I like the fact that his cookbooks have evolved to incorporate new health realities and his own changing food philosophy. Also great is his basic

recipes that allow many variations depending your preferences and pantry supplies. He books are not trendy but represent the best in an evolving approach to healthy cooking.

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