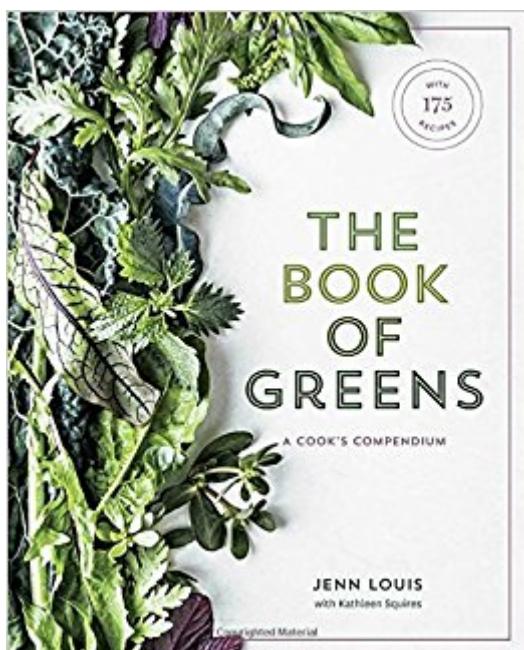


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# The Book Of Greens: A Cook's Compendium Of 40 Varieties, From Arugula To Watercress, With More Than 175 Recipes



## Synopsis

From one of Portland, Oregon's most acclaimed chefs comes this encyclopedic reference to the world of greens, with more than 175 creative recipes for every meal of the day. For any home cook who is stuck in a "green rut" who wants to cook healthy, delicious, vegetable-focused meals, but is tired of predictable salads with kale, lettuce, cabbage, and the other usual suspects, "The Book of Greens" has the solution. Chef Jenn Louis has compiled more than 175 recipes for simple, show-stopping fare, from snacks to soups to mains (and even breakfast and dessert) that will inspire you to reach for new greens at the farmers' market, or use your old standbys in totally fresh ways. Organized alphabetically by green, each entry features information on seasonality, nutrition, and prep and storage tips, along with recipes like Grilled Cabbage with Miso and Lime, Radish Greens and Mango Smoothie, and Pasta Dough with Tomato Leaves.

## Book Information

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## Customer Reviews

[View larger](#) Mustard Green Pancakes Makes 4 Pancakes, Serves 4 These aren't like breakfast pancakes; they are like the green onion pancakes you might find in a Chinese restaurant. If you love the sharp, strong flavor of mustard, you will love these. Or if you don't want so much of a vegetal flavor, consider subbing in a milder green, such as spinach or chard. The dipping sauce drives home the Asian flavor.

Pancakes	2 cups [280 g] all-purpose flour	1 cup [240 ml] boiling water	1 cup [60 ml] toasted sesame oil	1 ounce [30 g] thinly sliced mustard greens (tender stems are okay)
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Recipe To make the pancakes, put the flour in a food processor. With the motor running, slowly drizzle in 3½ cup [180 ml] of the boiling water. Process for 15 seconds. If the dough does not come together, drizzle in more water, 1 tablespoon at a time, until it just comes together. The dough should be neither sticky nor dry. Transfer to a work surface and knead a few times to form a smooth ball. Cover with plastic wrap and allow to rest for 30 minutes at room temperature. Divide the dough into four equal pieces and roll each into a smooth ball. If sticky, lightly dust each ball with flour. Working with one ball at a time, roll out into a disk about 8 inches [20 cm] in diameter. Using a pastry brush, paint a very thin layer of sesame oil over the top of the disk. Roll the disk up into a cylinder, then start at one end and coil the dough like a snail's shell. Flatten gently with your hand and roll again into an 8-inch [20-cm] disk. Paint with another layer of sesame oil, top with an even layer of one-quarter of the sliced mustard greens, and roll up into a cylinder again. Again, coil like a snail's shell, flatten gently, and reroll into a 7-inch [17-cm] disk. Repeat with the remaining dough and mustard greens to make three more pancakes. To make the dipping sauce, combine all of the dipping sauce ingredients in a small bowl, mix well, and set aside at room temperature. Heat the oil in an 8-inch [20-cm] nonstick or cast-iron skillet over medium-high heat. When the oil is hot, after 2 to 3 minutes, carefully slip one pancake into the hot oil. Cook, shaking the pan gently until the first side is an even golden brown, about 2 minutes. Carefully flip with a spatula or tongs and continue to cook until the second side is an even golden brown, about 2 more minutes. Season with salt and cut into six wedges. Serve immediately with the sauce for dipping. Repeat with the remaining pancakes.

Other Greens To Try Nettles, spinach, lamb's-quarters, chard.

Dipping Sauce	2 tablespoons soy sauce	2 tablespoons rice wine vinegar	1 tablespoon toasted sesame oil	1 tablespoon thinly sliced green onions (green parts only)	1/2 teaspoon peeled and grated fresh ginger	2 teaspoons sugar	1/2 cup [60 ml] neutral vegetable oil	Kosher salt
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“Jenn Louis is my greens-obsessed soulmate. In this gorgeous book she painstakingly runs through every green, herb, and chicory imaginable with detailed instructions and inspired advice, not to mention an incredible array of recipes for using this ultimate superfood. Her style is so personal yet so approachable, bringing in Asian, Middle Eastern, and West Coast flavors. I can't wait to cook from this book!” — SUZANNE GOIN, chef and author of *The A.O.C. Cookbook* “This is the only resource you'll ever need on the myriad greens, known and unknown. It's inspiring. It's comprehensive. And it's completely accessible. Jenn Louis

has knocked this one out of the park. Get ready for a fun adventure eating your greens. "CARLA HALL, chef, restauranteur, and cohost of *The Chew* œJenn Louis™s food always startles then beguiles. Innovative, yet based in tradition, this is food you can eat every day. The Book of Greens is a smart, well-organized primer on my favorite food: greens. Jenn™s use of spice, fruit, acid, and herbs to bring a dish to life is a deeply personal signature and yields food that is bright, compelling, and delicious." NANCY SINGLETON HACHISU, author of *Preserving the Japanese Way*"The Book of Greens is a reminder of how wide the world of delicious plants can be "and gives us some easy, delicious ways to try them."- ORGANIC LIFE" Do not set your sights on new ideas for asparagus or haricots verts if you pick up *The Book of Greens* by Jenn Louis, a chef and restaurateur from Portland, Ore. This beautifully photographed book is tightly focused on edible leafy plants, some of which, like arugula and romaine, you'll find every day. Many others, including chrysanthemum greens and red orach, are rarities in most markets, though her recipes suggest substitutes."- NEW YORK TIMES" But even if you only make a handful of recipes from *The Book of Greens* to begin with, the incredible bounty of information will "if you're adventurous and resilient!" introduce you to flavor pairings, techniques, and ingredients, all while challenging your understanding of what greens can even do. And when you do come home from the market with an exciting new leafy friend, *The Book of Greens* will be in your library, full of suggestions for very special ways to use it."- FOOD52 "Chef Jenn Louis profiles 40 of her favorites, from basic Brussels sprouts to underutilized cardoon and celtuce. Standout recipes: Charred Cabbage with Miso and Carrot Greens Salsa Verde."- MODERN FARMER

JENN LOUIS is the chef/owner of the Portland, Oregon, restaurants Lincoln and Sunshine Tavern. A Food & Wine Best New Chef and a James Beard Foundation Award semifinalist for Best Chef Northwest, Louis's culinary career spans nearly two decades. In addition to operating two popular restaurants, Louis is also the proprietor of Culinary Artistry, a full-service catering company and one of the top event planning companies in Portland. Louis has appeared on *Top Chef Masters*, as well as ABC's *The Chew*, and her work has also been featured in the *Wall Street Journal*, *Food & Wine*, *Bon Appetit*, the *New York Times*, and *Shape*, among others. She has appeared at notable culinary events across the US, including the SoBe Wine & Food Festival, FEAST Portland, and the Food & Wine Classic in Aspen. Her first cookbook, *Pasta by Hand*, was nominated for an IACP Award. KATHLEEN SQUIRES is a freelance food writer whose work has appeared in the *Wall Street Journal*, *Saveur*, *National Geographic Traveler*, *Time Out New York*, and *New York*

Magazine.

Great way to know your greens

Got as a gift for my sister who loves it!!!

I have researched several cook books dealing strictly with the topic of "Greens". This is the most complete book on this topic that I've found to date. Not just salads, not only vegetarian, not greens and grains, not just supermarket, farmers' market or green grocer fare: This book covers all the familiar greens, but also includes little-known, up-and-coming, soon-to-be-popular greens. It includes seaweeds and succulents. It includes root vegetable and fruit tops. It includes wild and foraged greens. Just take a browse through the "Look Inside" feature on this product page and you will see a listing of all the greens included (about page 6). As an example of how helpful and important my first paragraph is: The fact that I can use my tomato plant leaves as edible greens is worth my time and effort spent investigating this beautiful, large, well-detailed and complete book. We recently found a farmer in our area who has a CSA program and we signed up and are getting a half-bushel of greens and veggies each week. I've already excitedly sent him the names of some of the greens that Jenn Louis describes. Some of the more obscure greens sound so interesting that I want to try them! Sometimes greens recipes included in cookbooks are anything but new and exciting. Sometimes greens recipes are so simple that I wonder why the author bothered using up a precious page on them. The opposite is the case with The Book Of Greens: Lot of new, lots of creativity, lots of exciting ideas, lots of variety! Except for some of the more unusual greens, ingredients are easy to come by. And the unusual greens are described in such a way that you want to search them out and spread the word around. Although there are plenty of vegetarian recipes (and they are called out), this is NOT a vegetarian cookbook. There are some meats and fish included and broths created from meat and bones. There are eggs and cheese. Non-vegetarian ingredients are also included in accompaniments, variations and serving suggestions. I especially appreciated the info provided for root veggie tops (carrots, radishes, etc.). And I'm so happy to learn about tomato leaves! There are basic cooking charts that outline and pair up the best methods for cooking which greens. The methods are grouped by type of green: Sturdy, delicate, robust, tender. I have referred to that two-page spread often; found it very helpful, and helped me choose when I had many possibilities in my cooler and refrigerator vegetable bins. There is a Seasonal Chart that divides the

greens by Spring, Summer, Fall and Winter. There is a two-page spread on creating bowl food using greens as a base. Bowl food is always fun. If you have this book you will be a huge step ahead in so many ways: Greens are healthy, they are good tasting, they stretch your food dollar, and they add fiber, color, texture to your diet and dishes. If you plant a garden, and you pair this book with the reading of a Kitazawa Seed Catalog (out of California), you will probably add a whole new dimension to your gardening. Kitazawa offers hundreds of greens. (And some of their veggie seeds are sold here on .) Impossible to tell from the "Look Inside" feature as it appears as I write this review, but the page layout and type style is easy on the eyes and easy to follow as you glance from book to your work prep area. Instructions, directions, tips are easy to understand and personably written. There are full-color pictures of all the different greens and an essay on each. There are full-color pictures of some, but not all the recipes. I received a temporary download of this cookbook from the publisher.

Synopsis: This is for those of us who are aware of the wealth of green veggies out in the market today, but have no idea how to cook or use them, outside of the typical same greens you eat day after day. This cookbook is for us. It tells us the good things about the green vegetables and in addition, provides some recipes that we can follow along and taste the greens for ourselves. I did try one of the recipes, and it was for a minestrone soup. The one thing (outside of the greens) that took my soup from medicore to outstanding, was the heel of cheese that was recommended. In addition, in my soup I used rice versus the traditional pasta. For me, the recipe was a 10+ which means I can rate this book super high. Because the recipes are wonderful. At least with the one I tried. BUT, it means that I don't have any trepidation in trying any others, because my experience says that they work. In addition to the recipes, I found the details about each green very informative and helpful. It has made me want to go out and find greens, outside of my typical kale, spinach and romaine, and explore the world of greens. I did get this book complimentary from the publisher, however the review is based upon my own opinion.

"The Book of Greens" explains how to use 40 varieties of leafy greens in your cooking and provides 175 recipes that include those greens. These are not "healthy" recipes. She adds the greens to dishes that use cheese, cream, eggs, fish or meat and use a lot of oil or sugar. Since she's trying to get a specific blend of taste and texture, I doubt the dishes will taste as good if you remove or replace some of the ingredients. She's traveled a lot, so there are recipes from other cultures in addition to adding greens to more Western foods. The book is organized around the Greens

information pages. The Greens are listed alphabetically and include pictures of the greens and information about what season they grow in, what foods they pair well with, and how to choose, clean, store, refresh, and cook them. After the information page for a specific Green, she provided recipes that used that Green. The recipes usually served 4 but varied between serving 1 and 12 people. Some recipes were simple, while others had many steps and involved more time and effort. The book also had a few templates, like for how to make a salad (add a food from this list, then add a food from this group, and so on). I did find the information pages about the greens to be useful, but I'd expected a book that helped healthy eaters to find new, tasty ways to eat their greens. But it's more targeted at foodies than health nuts. I received this book as a review copy from the publisher through Blogging for Books.

**SUMMARY:** With the purpose of bringing new greens into everyday meals, chef Jenn Louis takes the mystery and anxiety of new vegetables out of the forefront by explaining the nutrition, history, seasonality, and usage ease of many greens. Paired with 175 new recipes, an alphabetical index, scattered photographs, and tons of inspiration, The Book of Greens is a reference guide for the home cook.

**A PENNY FOR MY THOUGHTS:** Already receiving notice this book was about to debut, I couldn't wait to use it during the beginning of Farmer's Market season. Trying to break out of the usual vegetable and greens groove, this beautiful and useful cookbook will definitely help me reach that goal. Full of everyday items and ingredients, this encyclopedia-type book is as interesting and charismatic as it is beneficial and valuable. Absolutely a book I will refer to repeatedly, my family can look forward to new entrees, sides and desserts centered around delicious greens.

**RATING:** 5 (out of 5) pennies\* I received a complimentary copy of The Book of Greens from Blogging For Books for my honest review\*

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