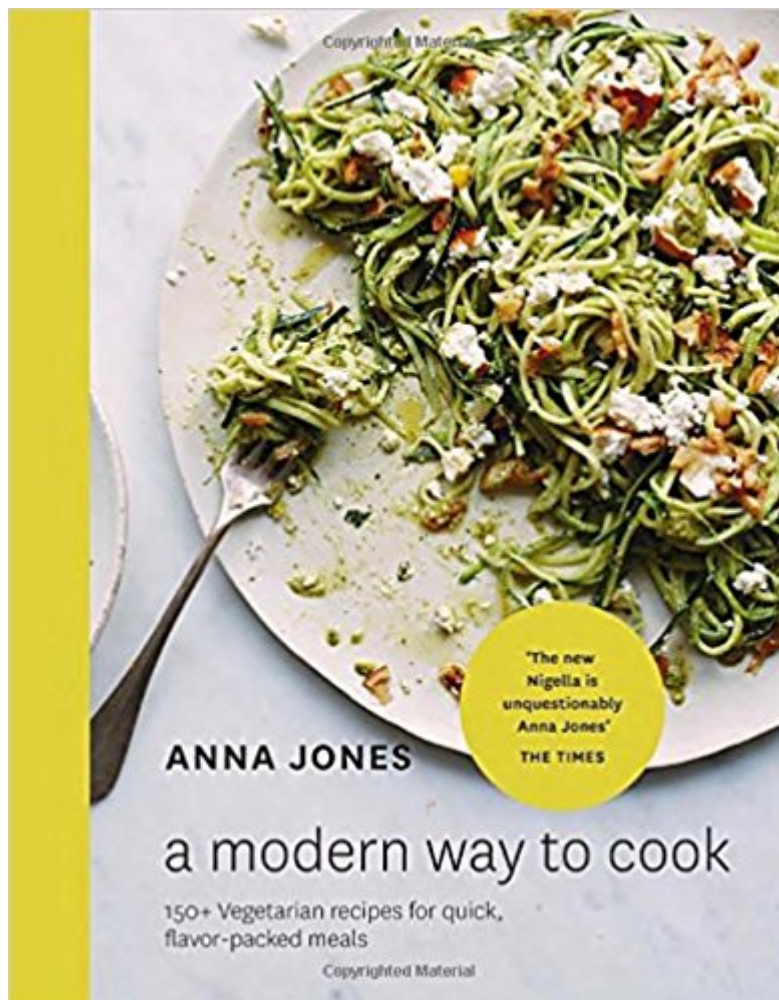




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A Modern Way To Cook: 150+ Vegetarian Recipes For Quick, Flavor-Packed Meals



Synopsis

From the author of the brilliant *A Modern Way to Eat*, who was dubbed "the new Nigella Lawson" by *The Times*, comes this beautiful collection of 150+ delicious and inspiring weeknight vegetarian recipes. *EATING HEALTHY ISN'T ALWAYS EASY* when you're coming home late at night and tired. In this genius new collection of vegetarian recipes, author Anna Jones tackles this common problem, making nourishing vegetable-centered food realistic on any day of the week. The chapters are broken down by time, with recipes that can be prepared in under 15, 20, 30, and 40 minutes, so no matter how busy you are, you can get dinner on the table, whether it be smoky pepper and white bean quesadilla, butternut squash and sweet leek hash, or chickpea pasta with simple tomato sauce. With evocative and encouraging writing, *A Modern Way to Cook* is a truly practical and inspiring recipe collection for anyone wanting to make meals with tons of flavor and little fuss. — *New York Times Book Review*, *Holiday Cookbooks*

Book Information

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Customer Reviews

— *œWell, she's done it again. Intelligent, well thought-out recipes that are beautifully written and put together. For all you dudes trying to get more of the green stuff in your life, this is the one.* — JAMIE OLIVER, author of *Everyday Superfood* and *Jamie's Food Revolution* — *A Modern Way to Cook* is so full of fresh ideas that I stopped turning down the corners of the recipes I wanted to make when I realized it was pretty much the whole book. From the simple to the more complex recipes, this is a good book for all days of the week. — DEBORAH MADISON, author of

Vegetable Literacy and The New Vegetarian Cooking for Everyone – A Modern Way to Cook cements Anna's status as one of the most important cookbook authors focusing on vegetable-centered food. These recipes are bright, bold, and bursting with flavor, and they will surely move vegetarian cookery further from the margins and closer to the center of our culinary consciousness.

- - BRYANT TERRY, James Beard Foundation Leadership Award recipient and author of Afro-Vegan "A group of fashionable young women in Britain are making a career of promoting healthy eating, including Jasmine and Melissa Hemsley, Amelia Freer, Anna Jones and Natasha Corrett. The Guardian has called them 'the queens of greens'; The Telegraph named them 'the superfoodies.' One could also think of them as the Daughters of Nigella, the logical successors to Nigella Lawson."
- THE NEW YORK TIMES "Jones cheers cooks on to practice the art of 'quick, calm cooking' that balances 'wellness and deliciousness' on every plate."
- - PUBLISHERS WEEKLY "Anna Jones taps the sweet spot between healthfulness and downright decadence with inventive vegetarian dishes such as beet-and-radicchio gratin. Her fuss-free style helps busy cooks get dinner on the table in as little as 10 minutes, 40 max."
- MODERN FARMER "Rather than separate recipes by course, Jones breaks the chapters into prep time. That way, you know right where to go for need-dinner-now crispy cauliflower rice and where to flip for a more leisurely project like butternut-cannellini gratin. While the dishes are all vegetarian, it's comforting to know that modern cooking can still include desserts like cookie dough bars and panna cotta."
- TASTING TABLE "Whether you've been vegetarian for years or are new to the lifestyle, this stylish cookbook is the perfect modern guide to meat-free dining. With a sumptuous collection of over 150 recipes, you'll be cooking veggie-packed meals on weeknights in no time. Author Anna Jones was one of the originals in Jamie Oliver's apprentice kitchen, Fifteen (also dubbed the new Nigella Lawson by The Sunday Times), and eventually became his food stylist. Since going vegetarian at 25, she's developed a tasty repertoire and, thankfully, compiled them all in this handy cookbook. Jones makes eating healthy easy."
- MyDomaine.com "Anna Jones's previous cookbook, A Modern Way to Eat, is hands-down one of the biggest favorites of Powell's buying team. We've been waiting with bated breath to dig in to cooking from her new book. I made the vegan and gluten free Pistachio and Raspberry Brownies. So ridiculously good I had to make a second batch a few days later |. Bottom Line: In like fashion to her first book (A Modern Way to Eat), Jones displays a masterful touch in blending flavors in her vegetarian recipes."
- TRACEY TRUDEAU, Powell's Books

ANNA JONES is a cook, food writer, and stylist. She worked for many years as part of Jamie

Oliver's food team styling, writing, and working behind the scenes on books, TV shows, and food campaigns and went on to work with some of the UK's biggest food brands and best-known chefs. She is the author of *A Modern Way to Eat*, widely acclaimed as a book of the year. *A Modern Way to Cook* is her second book. She lives, writes, and cooks in Hackney, East London.

If you are looking for a new vegetarian cook book, this one has a lot going for it: Innovative, creative, mouthwatering. It makes vegetarian seem like a new idea; very little that has been done before and nothing re-hashed. Techniques, ingredient pairings and presentation are exciting. If you were falling into a rut with your vegetarian cooking, this book will sky-rocket you out of the depths. This London-based author, together with publishers Ten Speed Press, have tailored this book to the American audience. Plus Jones did a lot of the work for this, her second book, while visiting her sister who lives in California. So, you will find American names and measurements in this book. And you will be able to find most of the ingredients easily. And if you are looking for vegan recipes, there are plenty of vegetarian recipes in this book with variations for vegan. "Practical" and "inspiring" are words used on this product page and I can't think of any more appropriate, and I eagerly shout, "I second the motion!" She relies heavily on nutrient rich vegetables like kale, beet, avocado, sweet potato, carrots. There is almost always a touch of sweet, like maple syrup; a bit of tang, like rice wine vinegar or lime; plenty of umami, and usually a touch of spicy heat and sometimes a bitter element. She uses plenty of textural differences--crunchy, like nuts, seeds or crispy fried veggies; and smashed, pureed and creamy, fresh, sauteed, boiled, roasted, broiled, braised. It is obvious that visual appeal is very important to her: There is always a variety of color, size and shape. Great book as a source for everyday meals: There are whole chapters that provide recipes that can be completed in 20 minutes, 30 minutes, 40 minutes. Working with these recipes, I have realized that prep time is sometimes, but not always, included in those 20-40 minute times. She advocates multi-tasking: Get something cooking, then start prepping other ingredients. She does not prep all ingredients prior to starting. Very often part of the instructions include filling a kettle with water and starting it to boil as part of her prep work. She uses the boiling water to shorten cooking times and also to blanch vegetables. (I like that technique quite a bit.) There are exact measurements in the ingredient lists. For example: "2 sweet potatoes, about 17 ounces". She implements some interesting techniques. For example: Drain a can of black beans, and dry fry them to make them crispy. There are interesting salads with unique dressings and plenty of variations. There are gratins, soups, curries, a burger and even a moussaka. There is a basic soup with a multitude of variations,

and a luscious honey rye bread. You will learn to make tofu, paneer and yogurt; how to cook beans and grains. There is a breakfast chapter with smoothies, pancakes, porridge, fruit plates and more. And a dessert chapter with pudding, ice cream, cookies, brownies, bars and cheesecake. I really appreciate the "Investment Cooking" chapter: Nut butters, milks, dips and tahini, crackers, muffins, an amazing lemon and cannellini cake and a sweet potato and malted chocolate cake. There are variations for granola and cereal, and a banana breakfast bread. Her "Goodness Bowls" will have you hurrying to the kitchen to get creative: Using a grain, bean or legume as a base, you add 2 to 4 different veggies, plus something sauteed, roasted or pickled as a flavor booster, a dressing, fresh herbs, and a sprinkling of something crunchy or cheesy. The Goodness Bowls recipes are presented as lists of choices. Jones uses the same type of presentation for her 20-minute stir-fries: A main veggie, a secondary veggie, some protein (tofu, tempeh, seitan, egg, paneer), some aromatics, a rice or noodle, dressing, and a crunchy topping. Stimulating full-color pictures, but not a picture for every dish. Easy on the eye, easy to follow, easy to read type style and page layout. The index is extensive--12 pages long! *I received a free, temporary download from the publishers. I like the book so much that I have purchased my own hard copy.

I just bought this book for my kindle. I was happy to finally have it available in the US. I already really love her style. One of the best qualities of this book is that she explains every single step in the cooking process. She tells you exactly what to chop first or to first heat the kettle. Other books give you a list of what you need done but don't instruct you when it's time to do it. Anna saves the day because she's so instructive. I have been following her on IG and watched her Jamie Oliver's Food Tube channel. I will be cooking and enjoying so many recipes from this book. Update 7/11/17 I am so fascinated by Anna and the way she broke up this book by time. Brilliant!

I have both of Anna Jones' books (the other is *A Modern Way to Eat*), and recommend both highly. Interesting, unusual vegetarian food. I have eaten "mostly veg" since 1995, and this is a really interesting change from the same old thing. Thanks, Anna!

For years, I've been searching for healthy vegetarian recipes that are filling, don't take too long to cook, and delight the whole family. Ever since I first tried recipes from *A Modern Way to Cook* about four months ago, I've been making at least five recipes a week from Anna Jones' books with cheers from my family. The recipes are easy to make, tasty, filling, and beautiful. Shopping for ingredients from the books has been like a treasure hunt. I had never bought chia seeds, vanilla paste,

desiccated coconut, gluten-free oats, curry leaves, chipotle paste, flaked sea salt, and more before. However, I'm amazed each time I find the ingredients at Whole Foods or local markets and am rewarded with a new repertoire of dishes. Each recipe has a story around it. Reading and making the recipes, I almost feel transported to the tropics of Bali, the rainforest of Peru, the bustle of an Indian market, or the Cadbury chocolate factory. I also like the handy suggestions for the tools to use such as julienne peelers and tea kettles that save space and time preparing food. A sampling of favorites from this book: * Quick-pickled roasted root vegetables, polenta, and carrot-top pesto * Charred broccolini with cucumber noodles and peanut sauce * Black bean and corn fritters * Strawberry, coconut, and cardamom smoothie * 10-minute pancakes * Salted almond butter chocolate bars I'm looking forward to the next cookbook, *The Modern Cook's Year*. I hope it comes to the U.S. soon!

I now have a variety of vegetarian cookbooks. This volume has some interesting recipes and suggestions. Yet, many duplicate other recipes I have used. Others seem to suggest that the author is trying too hard to vary classic dishes without improving them significantly. I love the illustrations and was inspired when I first perused the book. Subsequently, however, the book has been relegated to the back of my shelf. It may be more appealing to newer vegetarian cooks.

This is one of the best cookbooks I have ever purchased. My favorite thing about it is how the recipes are organized. Each section, as opposed to being broken down by course, is grouped by the amount of time it takes to prepare the meal. For someone like me, who wants to eat well but is very tight on time during the week, this cookbook is ideal. There meal prep is as short as 10-15 minutes and goes all the way up to 45 minutes. There is also a section towards the end of the book for recipes that take more time to prepare but are "investments". Recipes in this section include things like bread and yogurt. Another aspect of this book I like is how few ingredients most of the recipes have. I don't have to buy 30 different things I still never use again to make one meal. I worthwhile investment, especially if meat is not a part of your diet.

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