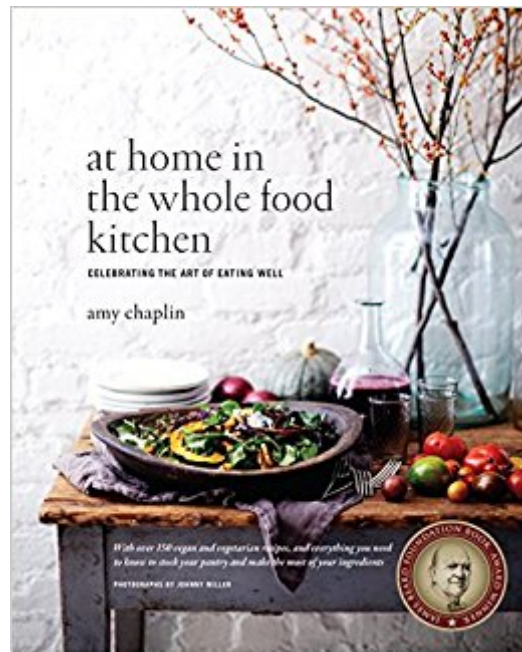


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At Home In The Whole Food Kitchen: Celebrating The Art Of Eating Well



Synopsis

James Beard Award Winner (Vegetarian) IACP Award Winner (Healthy Eating) A sophisticated vegetarian cookbook with all the tools you need to be at home in your kitchen, cooking in the most nourishing and delicious ways – from the foundations of stocking a pantry and understanding your ingredients, to preparing elaborate seasonal feasts. Imagine you are in a bright, breezy kitchen. There are large bowls on the counter full of lush, colorful produce and a cake stand stacked with pretty whole-grain muffins. On the shelves live rows of glass jars containing grains, seeds, beans, nuts, and spices. You open the fridge and therein you find a bottle of fresh almond milk, cooked beans, soaking grains, dressings, ferments, and seasonal produce. This is Amy Chaplin's kitchen. It is a heavenly place, and this book will make it your kitchen too. With her love of whole food and knowledge as a chef, Chaplin has written a book that will inspire you to eat well at every meal. Part One lays the foundation for stocking the pantry. This is not just a list of food and equipment; it's real working information – how and why to use ingredients – and an arsenal of simple recipes for daily nourishment. Also included throughout are tips on living a whole food lifestyle: planning weekly menus, why organic is important, composting, plastics vs. glass, drinking tea, doing a whole food cleanse, and much more. Part Two is a collection of recipes (most of which are naturally gluten-free) celebrating vegetarian cuisine in its brightest, whole, sophisticated form. Black rice breakfast pudding with coconut and banana? Yes, please. Beet tartlets with poppy seed crust and white bean fennel filling? I'll take two. Fragrant eggplant curry with cardamom basmati rice, apricot chutney, and cucumber lime raita? Invite company. Roasted fig raspberry tart with toasted almond crust? There is always room for this kind of dessert. If you are an omnivore, you will delight in this book for its playful use of produce and know-how in balancing food groups. If you are a vegetarian, this book will become your best friend, always there for you when you're on your own, and ready to lend a hand when you're sharing food with family and friends. If you are a vegan, you can cook nearly every recipe in this book and feed your body well in the truest sense. This is whole food for everyone.

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Customer Reviews

"At Home in the Whole Food Kitchen is an inspiring book full of recipes that are both for our health and pleasure. Who says wholesome food can't be beautiful, too? The food looks gorgeous! I look forward to using this book in my own kitchen."

—Deborah Madison, author of *Vegetable Literacy* and *The New Vegetarian Cooking for Everyone*

"At Home in The Whole Food Kitchen features some of the finest plant-based recipes available, and presents a wealth of information on food, health and ingredients. This creative work, directly from the bright spirit of Amy Chaplin, encourages us to discover the healing value of preparing authentic food."

—Paul Pitchford, author of *Healing with Whole Foods*

"At Home in the Whole Food Kitchen is a guide for both health and pleasure. From personal experience, I know that Amy's cooking and recipes are exceptional—my whole family loves the meals I prepare using them. From chia pudding to butternut squash lasagna, Amy creates food that's good for you and that you dream of having again and again."

—Natalie Portman

"Amy Chaplin's beautiful cookbook, *At Home in the Whole Food Kitchen*, should be a staple in every pantry—vegetarian or not."

—*Spirituality & Health* magazine

AMY CHAPLIN has worked as a vegetarian chef for over twenty years. She is the former executive chef of New York's renowned vegan restaurant Angelica Kitchen, a recipe developer, a teacher, and a private chef whose clients include Natalie Portman and Liv Tyler. Amy's delicious vegan and vegetarian cuisine has appeared in numerous publications, including *Martha Stewart Living*, *Vogue*, *Whole Living*, *New York* magazine, the *Guardian*, and *Fitness*. She is also a regular contributor to the Food Network's *HealthyEats* blog. A native of Australia, over the last two decades Chaplin has worked as a chef in Amsterdam, London, Sydney, and New York. She currently resides in New York City.

I own a few hundred cookbooks but only a dozen or so are favorites that live on my kitchen shelf. At Home in the Whole Food Kitchen has quickly earned a spot in that group. From the quality of the paper to the gorgeous photography and the fantastic recipes, I love everything about it! To me, this book is an invitation to engage in the nourishing rituals of shopping for quality ingredients (whole, seasonal, local, organic) and preparing them in a way that delivers maximum taste and health benefits. Amy Chaplin's professional background shines through these pages: her experience as a chef, recipe developer and teacher is evident in the perfectly composed recipes and the clear, concise instructions. The first part of the book offers thoughtful, well-edited sections on ingredients, equipment, and techniques, where Amy shares a cooking philosophy that is gentle for our health and for the planet: practical strategies to reduce plastic use; methods for soaking and preparing grains, beans and nuts; etc. This is followed by more than 150 inspiring recipes that comprise a nice balance of simple, quick recipes for busy days and recipes that require more time or involve several components. Throughout the book Amy offers several suggestions for meal/menu composition and I especially enjoyed her description of "A week of meals in my kitchen." There are also many great tips that will enhance my cooking skills; for example, Amy suggests adding an umeboshi plum instead of salt when cooking rice and the result is indeed very good. My copy of the book arrived with the cool fall weather and in the last week I have enjoyed making several comforting recipes: *Millet Cauliflower Mash* Superfood Oatmeal with Goji Berries, Chia, and Mulberries* French Lentil Soup with Rosemary, Squash, and Rainbow Chard* Greens and Grains Roll with Avocado and Carrot Dipping Sauce* Creamy Cauliflower and Celery Root Soup with Roasted Shiitakes* Chocolate Pots de Creme Everything was exquisite and I look forward to cooking and eating my way through this delightful book!

This is a really lovely book. I've been cooking vegetarian, vegan, raw and living foods for years and found lots of nice things in here. I assume the publishers will correct the the crappy binding which broke while I was simply reading the book and not even exerting it to kitchen use, as it undermines a lovely book. The recipes are really conducive to being done in the home kitchen, as per the title. I've made several things and liked them all, and plan to do more. The simple red lentil soup, which really is a cinch to make and is very healthy and nourishing was a big hit with several sets of guests and looks good with a little turmeric added for colour, and I've added it to my repertoire as a simple weekday dinner as well. The bean bourguignon (although this is definitely for those hankering after meat\recent converts to vegetarian food). I had the foresight to make double the vegetable stock

and freeze half so that when I make this again, it will be less work. I think this was one of the longest recipes in the book. I've made the date pistachio praline tart several times, the apricot coconut bars and the earl grey tea cake. I've made a lot of cakes and raw cakes, and loved the crusts and desserts in this book. The apricot bars are truly wonderful. Commercial desserts just won't do after you eat something so delicious, real and wholesome at the same time. Very nicely written and beautiful photos. I'll use a lot from this book. Recipes lend themselves easily to tweaking to suit personal taste and possession of a Vitamix allows you to grind the sometimes small amounts of flour you might need for a recipe, and I've also substituted one wholemeal, non-gluten flour for another listed with no ill effects. The recipes are not cheffy, i.e. they are easily achievable and don't require hours of time and an army of sous-chefs. There isn't much in terms of ingredients that most vegan cooks would not have to hand, I think, and it's easy to see where you can do things ahead or in stages.

This book takes the way we eat in our house now (vegan-tending, focus on grains, legumes, and vegetables, few highly processed foods) and makes it delicious. I'm cooking out of this book more now even than I did from Moosewood back in the day. Many dishes have already become favorites, among them the Kale Slaw with Creamy Mustard Dressing, the Tempeh-Portobello Burgers, the Arame dish, and the Lemony Lentils. Lots more too.

This is by far the most beautiful cookbook I own. The recipes are consistently delicious, beautiful, and crowd pleasers. My favorites for simple and quick dishes are the Simple red lentil soup with spinach, lemon, and pepper AND the Almond butter brownies (beyond amazing). I have been a follower of Amy's site for years, and this cookbook adds another exciting selection of recipes to add healthful dishes to my daily life. I cook these for my mother and father, who were not so familiar with healthful cooking before we started experimenting with Amy's recipes at home. They have made a big difference in their lives, helped them lose weight (especially having Amy's breakfast soaked oats), and gave us another activity to do as a family. Thank you, Amy. This is such a valuable book to have in my home. I think anyone interested in eating wholesome, tasty food should have a copy.

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