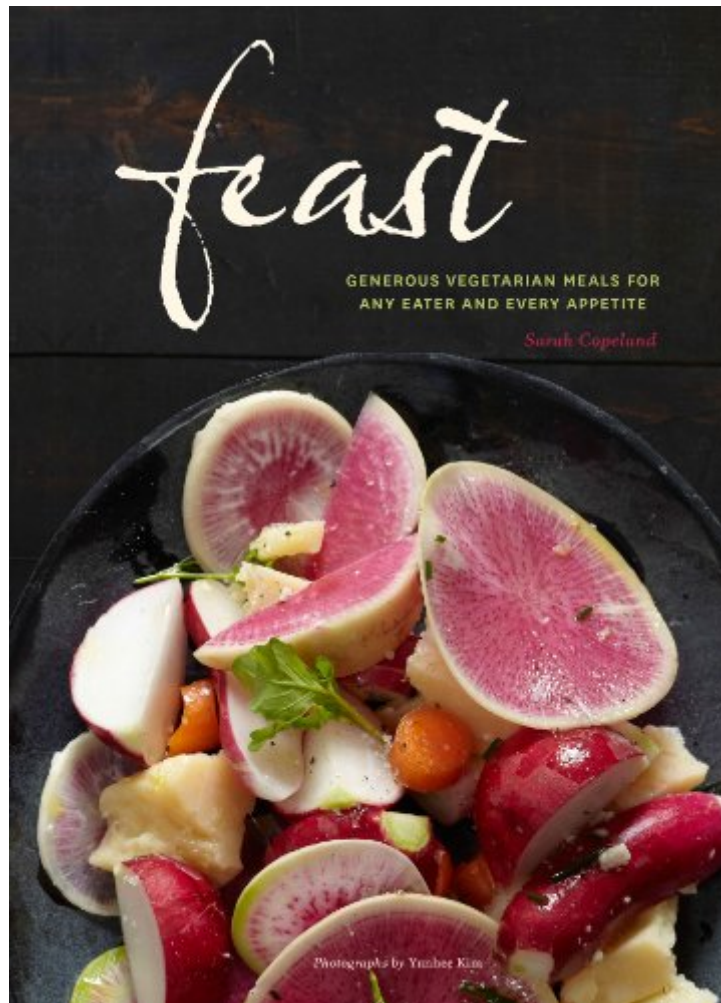




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Feast: Generous Vegetarian Meals For Any Eater And Every Appetite



Synopsis

Vegetables never tasted better than in these richly flavored, satisfying vegetarian meals from Sarah Copeland, whose *Newlywed Cookbook* has become a trusted resource in the kitchens of thousands of new cooks. In her latest cookbook, Copeland showcases a global range of flavors, from the peppery cuisine of her Hungarian, vegetarian husband to the bibimbap she fell in love with in New York's Koreatown. More than 140 recipes cater to cooks of all skill levels and meal occasions of every variety, while more than 60 gorgeous photographs from celebrated photographer Yunhee Kim demonstrate the delectable beauty of these vegetable feasts. *Feast* is the book that satisfies everyone who wants to expand their repertoire to include more vegetables and grains as well as those transitioning to a vegetarian diet.

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Customer Reviews

I love the recipes and find they are easily adapted to my lifestyle and diet choices. I love love love to cook, but I don't want to spend hours on intense technique or make it a long process. I love cooking, but I work and have a full life so I don't spend the day or night in the kitchen (husband hates a big

clean up too). I look for cookbooks that have dishes that are fast to assemble, adaptable to what I have in stock, seasonal, and new/inspirational as well as guest worthy. I use cookbooks for ratios and ideas, rarely literally following them to a T. I imagine most of us cook this way, combining what we've learned from other sources and in our experience. My favorite dishes have been the pea (and avocado) mash tacos- I added mint and cilantro to the mash (vegans can opt for a grilled zucchini or tofu in lieu of halloumi or fish). I've gotten rave reviews (2 in the "top 10 list") from my non-vegetarian husband on everything I've made. The tartines are also excellent- simple, easy to prepare and they got rounds of numerous compliments from guests every time I've served (non-vegetarians). These are simple combinations that bring out the best flavors and new combinations I haven't seen or used. As a reference, my other go to cookbooks are Plenty and more recently One Good Dish (although not vegetarian, there are some great vegetarian options). With Feast, I can easily adapt to dairy free or swapping in goat or sheep's milk options. Notes on my diet for reference- I don't eat cow's milk because of a casein allergy and choose to avoid dairy most of the time. I am also currently Gluten Free on the recommendation of my doc. I sometimes eat fish, although not often, and I don't eat eggs so I am mostly vegan. I focus on whole foods, rather than processed, don't eat a ton of tofu/tempeh types of substitutions.

This book was recommended to me by a dear friend. She simply texted me a picture of the book and instructed me to "buy this book now!" I am so grateful! I am an omnivore, but appreciate hearty vegetarian meals. This book appeals to that very craving. The recipes offer adventurous twists to simple recipes that elevate them to new levels. It also provides approachable ways to tackle intimidating ethnic recipes with flying colors...my Vegetable Bibimbap was out of this world! After experimenting with a handful of recipes I can say that I trust this book and can't wait to go back for more.

My shelves are stocked with cookbooks of all types, and Feast now reigns as the favorite. Not only is every page dripping with luscious photographs of seasonal, fresh food styled and photographed to perfection, the recipes are exceptional. Everything I've made has taken my cooking to a new level, along with my understanding and passion for food. Made a full meal for guests featuring recipes from Feast, and people raved about the pea guacamole and seared halloumi soft tacos, as well as the pastry-shop almond-chocolate chip cookies!! I'd highly recommend Feast for any kitchen, vegetarian or not. Thank you, Sarah Copeland, for continuing to push my thinking, creativity, and passion for food!

This is a legit cookbook. I am not a vegetarian and neither is my boyfriend, the recipes in here translate to all kinds of eaters. A lot of the stews/soups you could easily add ground turkey or sausage if you have a meat lover. Another reason I love this cookbook is that I feel like I am learning when i make these recipes. There are also great tips, my new favorite thing is to save all the vegetable trimmings from the week and on Sunday make homemade vegetable stock with it!

Such a great cookbook for vegetarians or if you're just looking for accessible, creative vegetarian sides and mains. Loved reading through the opening pages. Sarah always includes great tips for stocking your pantry and keeping a fresh and healthy kitchen. She writes beautiful recipes and the photos are beautiful as usual!

I bought Sarah's first cookbook "The Newlywed Cookbook" when I got married and loved how informational it was for a beginner in the kitchen like me, so I couldn't wait to get her second cookbook "Feast". I LOVE them both! Feast is a great tool to have for anyone who is trying to eat healthier but doesn't want to starve themselves! I love how rustic the recipes are! The pictures in the book are gorgeous too! :)

Hands down my favorite cookbook at the moment. Every recipe I've tried is better than the last; I'm particularly fond of the mushroom gulyas, bibimbap, and eggplant parmesan recipes. Some of the recipes have some non-vegetarian options for fish eaters or more flexible vegetarians, but overall it's completely vegetarian. Look forward to trying every single recipe in the book!!!

This is, by far, the best cookbook I have ever used. Every meal I have made has been delicious and even as a non-vegetarian, I don't miss having meat on my plate. Many of the recipes are laborious for me (I'm not a real chef and my knife skills are very amateur) and finding some of the ingredients is challenging, but it is always worth it in the end. I hope there is a sequel in the works!

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