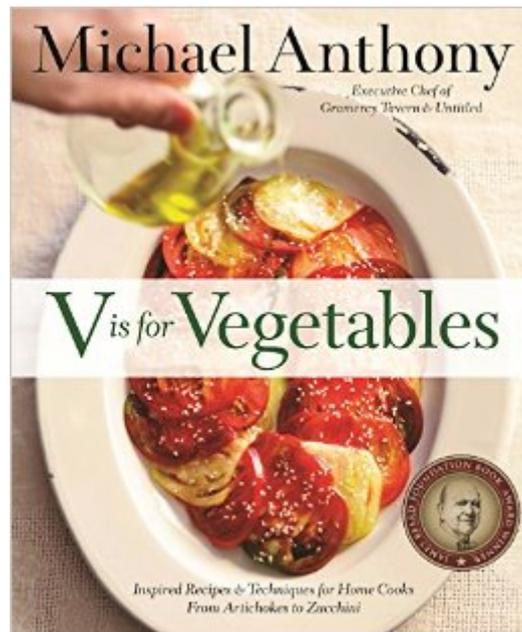


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# V Is For Vegetables: Inspired Recipes & Techniques For Home Cooks -- From Artichokes To Zucchini



## Synopsis

James Beard Award winner for Vegetable-Based Cooking **ONE OF THE BEST COOKBOOKS OF THE YEAR** *The Atlantic*, *Cooking Light*, *Chicago Tribune*, *The Daily Meal*, *Food + Wine*, *Food Republic*, *Los Angeles Times*, *Newsday*, *NPR*, *Washington Post* One of America's most highly acclaimed chefs gives us more than 150 simple recipes and techniques for imaginative vegetable cooking at home. Gramercy Tavern's Executive Chef Michael Anthony believes a cook's job is to create delicious flavors and healthy meals. Written for the home cook, and featuring both vegetarian and non-vegetarian options, **V IS FOR VEGETABLES** celebrates the act of cooking vegetables he loves. Anthony shows how unlocking the secrets of vegetables can be as simple as roasting a beet, de-knobbing a Jerusalem artichoke, peeling a gnarly celery root, slicing a bright radish, washing a handful of just-picked greens. **V IS FOR VEGETABLES** is personal, accessible, and beautiful. Its charming A to Z format celebrates vegetables in richly detailed illustrations, glorious food photographs, and lots of helpful how to do it techniques. Recipes include crispy composed salads, fresh herb sauces, satisfying warm gratins, vibrant stews, simple sautéed greens over a bowl of grains, and veggies with meat and fish, too. **V IS FOR VEGETABLES** delivers the tools to transform and conquer the vegetables in a CSA basket, from the farmers market, and even the grocery store. It is an eye-opening book for vegetarians and omnivores alike.

## Book Information

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## Customer Reviews

[View larger](#) [Braised Radishes with Honey & Black Pepper](#)  The man pulling radishes

pointed my way with a radish. That 18th-Century Haiku is by one of my favorite Japanese poets, Issa. Everyone who loves to eat appreciates the beauty and bounty of radishes, but it's not always clear how to make the most of them. Eating radishes whole is its own pleasure, but it may be a discovery that the roots, leaves, sprouts, and seedpods are all edible, too. Three ways to use them raw: Shaved, especially the long ones, then put in ice water to curl beautifully; grated, as a topping for fish or other vegetables; and sliced, cutting them into superfine matchsticks with red tips. Yet radishes are wonderful braised, roasted, fermented, salted, and even fried. Pairing radishes with such sweet things as honey, fruit (like peaches), and juices (like apple cider) mellows their sharpness. Braising is a great way to soften radish roots and remove their spicy rawness. Without losing the character of the radish, this braise enhances it with the sweetness of honey, the aromatic quality of the black pepper, and the browned edges of the radish itself. This is an entirely different way to love radishes.

- 2 tablespoons olive oil - 1 pound radishes, halved - 1 clove garlic, smashed - 2 tablespoons honey - 1 teaspoon coarsely cracked black pepper - 2 tablespoons cider vinegar - Salt

Heat the oil in a medium saucepan over medium-high heat. Add half the radishes and all the garlic and cook until lightly browned, about 5 minutes. Add the honey and pepper and let the honey caramelize, about a minute. Add the vinegar, the remaining radishes, and salt and cook until all the radishes are just warmed but not cooked soft.

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