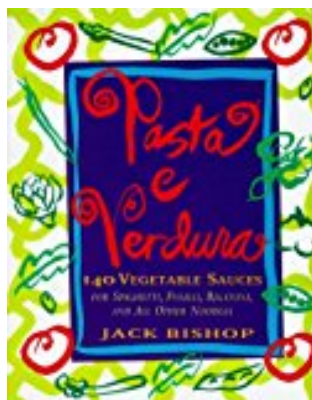


[PDF] Pasta E Verdura: 140 Vegetable Sauces For Spaghetti, Fusilli, Rigatoni, And All Other Noodles

Jack Bishop - pdf download free book



Books Details:

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Description:

Pasta e Verdura provides endless ideas for cooks who love pasta, but prefer greens to meats. Yet this is not a health-food book, nor is it a vegetarian's take on Italian cuisine. Rather, Jack Bishop made the astute observation somewhere along the line that Italians, as a consequence of tradition, and of

being Italian, eat a lot of different pasta dishes that have absolutely nothing to do with high levels of meat, fat, or dairy. Healthy dishes, in other words. And impossibly delicious.

So, starting at the beginning of the alphabet, Bishop gives the reader Braised Artichokes with Tomatoes and Thyme served over linguine--while also explaining how to shop for the best artichokes, how to store them, and how to prep them for cooking. This format is followed for all 27 individual vegetable entries. Arugula is next, right on through to zucchini (Sautéed Zucchini with Lemon, Pine Nuts, and Basil served over fettuccine).

Anyone who opines that eating well and living within the parameters of a sensible diet are impossible bedfellows needs this book. The results will be delicious and healthy. --*Schuyler Ingle*

From Publishers Weekly "Although I lost seven pounds... while testing these recipes, this is by no means a 'diet' cookbook," says Bishop, author of *Lasagna: Classic and Contemporary Favorites* and a senior writer for *Cook's Illustrated*. Maybe not, but it's easy to see why the pounds fell away in this collection of light, sometimes too light, pasta dishes. After starting with an informative discussion on pasta (how to cook it, which shapes work best with which sauces), Bishop addresses vegetables individually in alphabetically arranged chapters, from "Artichoke" to "Zucchini." While chapter headings in cookbooks are often the textual equivalent of muzak, those here are truly informative considerations on their topics, detailing the differences in tough and tender greens or how to determine if fava beans need to be blanched and peeled. Among the many appealing recipes are Caramelized Endive with Parmesan and Cream; Wilted Swiss Chard with Garlic and Ricotta Salata Cheese; Grilled Portobello Mushrooms with Rosemary Puree and Crunchy Potato Croutons with Tomatoes and Parsley Pesto. Others, such as Blanched Carrots and Slow-Cooked Endive with Chives, and Arugula with Cucumbers, Mint, and Lemon Juice, are intriguing preparations for veggies but don't have the heft to stand up to pasta.

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