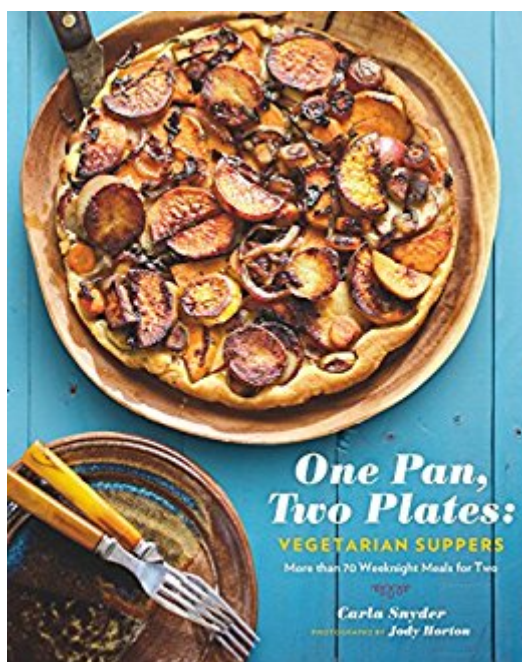


The book was found

One Pan, Two Plates: Vegetarian Suppers: More Than 70 Weeknight Meals For Two



Synopsis

More and more people are making the shift to a vegetable-centric diet. Yet, in a two-person household it can be challenging to find quick, easy, and satisfying recipes to cook up at the end of a busy workday (especially without leftovers). This follow-up to the successful *One Pan, Two Plates* provides 70 perfectly sized vegetarian entrées – think Butternut Risotto, Gnocchi with Wild Mushrooms and Edamame, and Eggplant Rollatini – all requiring only one pan and one hour or less to prepare. With beverage pairings for each recipe and an "Extra hungry?" feature for heartier appetites, each dish is one that home cooks will make again and again.

Book Information

File Size: 29064 KB

Print Length: 210 pages

Page Numbers Source ISBN: 1452145830

Publisher: Chronicle Books LLC (August 23, 2016)

Publication Date: August 23, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01ESHXZ7U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #9,159 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian > Vegetables #14 in Kindle Books > Cookbooks, Food & Wine > Cooking Methods > Cooking for One or Two #15 in Kindle Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

I returned from Europe last week dragging an extra suitcase loaded with new cookbooks to tell you about, wine and groceries (I had to pay for an extra bag!) and collapsed into bed. Talk about trains and planes and automobiles - and I don't travel as well as I used to by a long shot! Just as I was

beginning to recover and getting tired of the very limited delivery options available in Vermont, my son-in-law strolled in the door with an unexpected package containing an Advance Reader Copy of *One Pan, Two Plates: Vegetarian Suppers: More than 70 Weeknight Meals for Two* from the publisher. The very first things I noticed was that all but one or two recipes can be made in under 30 minutes and most of them require only ingredients I always have at hand in the pantry or fridge anyway. I've been feeding myself, my daughter and son-in-law from it two meals a day ever since and have read every word at least three times (being too tired/lazy to find anything else), so let me tell you what I've found. Let's start with a few of the recipes I've tested -

TEST RECIPE #1 - Spaghetti Cacio e Pepe This is a very simple recipe consisting of a good pasta topped with a "sauce" of pecorino cheese (I used a gorgeous aged pecorino I brought home from my trip) and black pepper. The dish wasn't spectacular and really didn't do justice to the wonderful cheese that I used. It quite reminded me of a grownup version of boxed macaroni and cheese to be honest. Rather bland and exceedingly boring to look at on the plate, this might make a great side with something else but as a total meal, this one is mediocre at best. I regret the waste of my wonderful pecorino. 3 Stars

TEST RECIPE #2 - Cream of Tomato Bisque with Toasted Cheddar and Apple Sandwich I love a good bowl of Tomato Soup. Nothing is more comforting when you just don't feel up to snuff or warming on a cool fall day, so I knew I just had to make this. And since I live in Vermont, home of Cheddar and apples, I knew that cheddar and apples makes a lovely sandwich, one of our Fall favorites. I was a bit iffy about this particular Cheddar and Apple Sandwich though as the author puts mustard inside the sandwich and uses mayonnaise instead of butter on the outside to grill them. The recipe calls for grilling the sandwiches and then keeping them warm while you make the soup in the same pan. I cheated. I'm not a fan of warmed over or sat-too-long grilled cheese, so I used a skillet for the sandwiches and a saucepan for the soup. Yes, I have to wash an extra pan, but I had lunch on the table in 15 minutes flat rather than the 30 the recipe was pegged at. We were more than pleasantly surprised at the sandwich. The mustard was not out of place in the least and using mayo on the outside of the sandwiches to grill them worked just as well as butter does. Absolutely I will make this again. I ended up with 3 big mugs (12 ounces each) of soup from the one recipe. I did substitute a 28.5 ounce can of crushed tomatoes for the two 14.5 ounce cans the recipe calls for. Otherwise I made this exactly as written. We all thought that soup needed a pinch of sugar to offset the acidity of the tomatoes and would have preferred a smoother, more famous-canned-soup texture. Also, I didn't think there was quite enough half-and-half in the soup to call this a Tomato Bisque. Will I make it again? Definitely, but with a few changes. Next time I'll use pureed tomatoes instead of crushed to get that smoother texture, add a pinch of sugar and double

the half-and-half or leave it out entirely. 4 Stars

TEST RECIPE #3 - Fig Pizza with Brie and Arugula

Don't let that figs and Brie combo scare you off of this recipe. I learned about this combo on a visit to London, where the lunch room at the very top of the British Museum serves an excellent cheese plate of artisan British cheeses accompanied by fig jam. The combination is glorious. I must admit I was a bit iffy about the combo on a pizza - particularly a pizza with salad on top. We do adore pizza though, eat it at least once a week, and almost always have some pizza dough in the fridge, so this made a perfect lunch. I did, however, make a couple of changes. First, the recipe calls for a full pound of dough rolled to a 16 inch circle on a piece of parchment. I have two "pizza" baking things that live in my oven. One is a standard pizza stone, which holds a 14 inch pizza. The other is a Cast Iron Pizza Pan - also 14 inch. A 16 inch pizza wouldn't fit on either one and the author's suggested alternative - baking the pizza on a sheet pan - eliminates the beautiful round shape and doesn't give as nice a crust. I also do not bake pizza on parchment. The high temperatures required for a good pizza result in burned parchment, which can be messy to clean up. (You can easily see that the parchment burned in the picture of this recipe in the book.) And frankly, a 16 inch pizza is just too darned big for two people. Half of that would be a full half-pound of bread, before the toppings. (That's enough calories for an entire day!) The pizza place across the street gives the following guidelines - 10 inch pizza - serves 1 12 inch pizza - serves 2 14 inch pizza - serves 3 or 4 16 inch pizza - serves 4-6 For the "pizza party" where we tried this recipe I made my standard batch of dough (2 cups water, about 4 cups flour, 1 scant tablespoon yeast, 1 teaspoon sugar, 2 tablespoons olive oil, 2 teaspoons of salt) and made 4 pizzas about 12 inches in diameter from it - one for each of us with our favorite toppings and one Fig and Brie pizza, for which I used only half of the dried figs called for. Surprisingly, every scrap of the pizza disappeared. It was a huge hit with my daughter who doesn't particularly like pizza at all. She asked me to make sure I made it again - soon! And even my son-in-law, who is a very picky eater not easily enticed by foods he has never had or unfamiliar combinations, liked it and said he would eat it again, despite the green stuff on top. 5+ Stars! Best recipe in the book!

The book is nicely laid out, the text is easy to read and most recipes are accompanied by full-page, full-color photos, while the cover features deep flaps that you can use to keep your place. I did, however, find a few things that I didn't like -

- When a dish includes two somewhat separate recipes, say a soup and sandwich, there is no clear definition in the ingredients list as to which ingredients belong to which part of the recipe. That makes it very easy to overlook something.
- The portion sizes are mostly huge, except when they are not. That 16 inch pizza is a perfect case in point, but this problem of really big portions exists throughout the book. If you're feeding two hungry men, these sizes might

work and the leftovers from many of the recipes could be served for lunch the next day. On the other hand, that pasta dish was barely enough for two and had both of us rummaging the kitchen for something else to eat. The author is not consistent in her directions, particularly when it comes to canned beans. Canned beans always need to be rinsed to eliminate the "tin can" taste, something the author mentions only once or twice. The author sometimes calls for ingredients that are not available everywhere and doesn't always give a substitute. I had to look up Beemans cheese online and can't lay hands on any within 100 miles. It isn't sold anywhere in either Vermont or New Hampshire. I would have appreciated a description or a substitution.

GRANDMA'S \$0.02 - This is a book that I'm going to use often. Nearly all of the recipes in the book would be suitable as part of a larger meal and most are very easily dressed up with the addition of a simple piece of broiled chicken or fish. All are easily doubled to serve a larger crowd. Those in the "Eggs & Cheese, Please" section would be great as part of a brunch spread and some - like that Fig & Brie Pizza - would be spectacular cut small and served as nibbles with drinks. Full of more sophisticated ideas for quick and easy "Dinner For Two", this is a book you'll enjoy.

I recommend this cookbook to anyone who will sit still long enough to listen to me. I had borrowed original One Pan, Two Plates cookbook from the public library and loved it so much that I bought my own copy. I purchased it in May 2016 and have cooked exclusively from it ever since. When I saw that the same author had written another cookbook, I preordered it immediately in August 2016. I had found myself in a cooking rut that even Pinterest couldn't pull me out of. Online recipes are great, but sometimes they wouldn't come out like they were intended to, or pairing a main dish and a side dish was a bit of a chore, or the two of us would get tired of eating leftovers for three days straight. At the place I was in my life, I needed a book I could just cook my way through that did much of the planning for me. There are so many good parts to this cookbook. The flavors are creative and very often jaw-droppingly delicious. I love that they cook with whole ingredients, sometimes with vegetables that I not only tried for the first time, but are now some of my favorite vegetables because of this book. The majority of them have gorgeous pictures, cook in 30 minutes or less, and serve exactly two people, so there is very little wasted food. Since it's one pan, there are no side dishes needed to round out the meal for either flavor or substance. The author included sections at the end of each recipe with ideas to beef up the meal if you're feeling extra hungry and gave wine pairing recommendations. The back of the book groups the recipes into seasons, so you can cook with what's freshest at the moment. I've doubled recipes and served it to guests. I've experimented on guests with completely new recipes not only without issue, but with many

compliments. Seriously, y'all. Praise hands and heart eyes every day for eight months and counting. The only downside I feel I must mention is that there is a fair amount of vegetable chopping required for each meal, since you're cooking with fresh produce. However, I view this more as a natural side effect than a downside. The recipes are vegetable-centric, so to me, taking the time to chop fresh produce is such a small price to pay for the nutritional benefit, and for something so flipping delicious. My spouse and I both work outside the home for 45-50 hours a week, and the lifestyle of cooking daily and eating healthfully has been completely sustainable for the better part of a year for us because of this book. One more tip I'd give to new users, in addition to reading each recipe all the way through before starting to cook and keeping in mind that eating fresh produce means a little chopping, is to cook *mise en place*. Lay out all your ingredients on the counter, chop your produce, measure your ingredients into separate bowls, all before you even turn on the stove. Since the average recipe has you cooking something for less than 5 minutes before adding a new ingredient to the pan, and sometimes for even less than a minute, there is very little time to be chopping produce while you're cooking. We bought a set of little glass bowls here on that have been so helpful. Eating healthfully with minimal food waste can be fun and interesting and sustainable. I cannot recommend this cookbook enough.

This is a beautifully photographed and assembled cookbook. I appreciate the author's efforts to advise on how to increase quantities for those who might want larger portions, side recommendations, and, of course, beverage (wine, beer) recommendations. The only reason for 4 Stars is that a few of the recipes call for ingredients not readily available (at least for me) but the quantity used is so small I've omitted without problems. A great purchase for new or long-term vegetarians.

[Download to continue reading...](#)

One Pan, Two Plates: Vegetarian Suppers: More Than 70 Weeknight Meals for Two Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) One Pan, Two Plates: More Than 70 Complete Weeknight Meals for Two Vegetarian: Everyday : Vegetarian For Beginners (vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget (Crockpot, Slowcooker, Cast Iron) (Vegetarian, Vegetarian Cookbook, Vegetarian ... low carb, Vegetarian low fat) No. 1 Price Guide to M.I. Hummel Figurines, Plates, Miniatures, & More (Mi

Hummel Figurines, Plates, Miniatures & More 10th Ed. (Mi Hummel Figurines, ... to M. I. Hummel Figurines, Plates, More...) One-Pan Wonders: Fuss-Free Meals for Your Sheet Pan, Dutch Oven, Skillet, Roasting Pan, Casserole, and Slow Cooker SOUTHERN LIVING Slow Cooker Suppers: 120 Weeknight Meals for Busy Cooks 50 Dutch Oven Recipes For The Vegetarian Æ Æ Quick and Easy One Pot Meals (Vegetarian Cookbook and Vegetarian Recipes Collection 8) Weeknight Cooking for Two: 100 Five-ingredient Super Simple Suppers Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Simple Green Suppers: A Fresh Strategy for One-Dish Vegetarian Meals Moosewood Restaurant Simple Suppers: Fresh Ideas for the Weeknight Table Sheet Pan Suppers: 120 Recipes for Simple, Surprising, Hands-Off Meals Straight from the Oven Cooking For Two: Top 45 Original Sheet Pan Suppers-Easy One Tray Oven Dinners From Appetizers To Sides To Main Dishes Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide through the best vegetarian recipes ever (vegetarian, Instant pot slow ... lunch, dessert, dinner, snacks, for two) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)