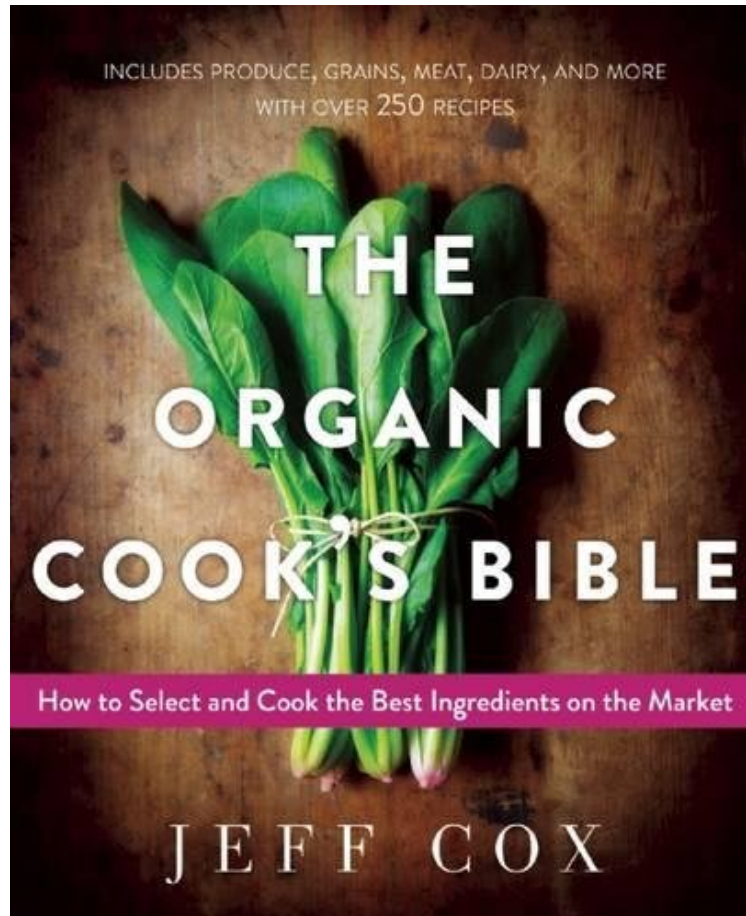


(Mobile book) The Organic Cook's Bible: How to Select and Cook the Best Ingredients on the Market

The Organic Cook's Bible: How to Select and Cook the Best Ingredients on the Market

Jeff Cox

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Jeff Cox : The Organic Cook's Bible: How to Select and Cook the Best Ingredients on the Market before purchasing it in order to gage whether or not it would be worth my time, and all praised The Organic Cook's Bible: How to Select and Cook the Best Ingredients on the Market:

8 of 8 people found the following review helpful. Exactly what I was looking for!By ChantelSo, I feel like I really need to review this book in conjunction with the author's other book The Organic Food Shopper's Guide because I bought them both together, and they are so much alike. The Bible is that...its over 500 pages and has tons of detail and most every fruit, veggie and herb has at least one if not multiple recipes to accompany it. The Shoppers guide, which has a 2 year newer copyright is really a regurgitation/contracted version of the bible, but I will try not to hold that against it since they do compliment each other so well. The shoppers guide has less listings, skipping over fruits, veggies, and spices that I was surprised to see left out. Additionally, there are only 3 recipes in the shopper that are not already in the bible, none of which are crucial. The advantage of the shoppers guide however is its small (6x8 inches)

which means it will fit nicely in most purses and can therefore be taken to the store with you. They are both organized in a similar fashion with veggies grouped, fruits grouped, etc. and then alphabetized by category. I was specifically shopping for cookbooks with more vegetable ideas overall when I chose these. They were even more than what I thought I wanted since not only are there recipes but the volumes of information to help choose was exactly what I was looking for. I grew up in a meat and potato family and married the same. I did get more into veggies, organics and juicing in college but really have veered back to the mainstream diet due to hubby's likes. Honestly I did a lot of juicing because I was convinced most of what went in would taste bad if I had to actually taste it. I have been desperately searching for ways to diversify the family diet so that I can incorporate more nutritious foods that taste good. The Bible is a perfect kitchen companion. There are full color pages with pictures of the produce for those of us that don't always know what their food should look like and are trying to learn. The focus is on organically produced ingredients all the way around. There are details about how the produce should look, when it is in season, different varieties available and how to choose. Again, this info is in the shoppers guide as well, but in less depth (and none of the photos). There are easily 4x more recipes in the Bible. Personally I subscribe to the reduce-reuse-recycle plan as often as possible so buying used was the way to go. As such they were affordable enough that I was not displeased with how much was exactly the same. I am very confident that they will get a ton of use. The expertise of the author inspires confidence that the information is accurate. I am really looking forward to working my way through the recipes. In addition to these I got the Earthbound Farms Cookbook and Colorado Fit Kitchen (which I really love and would also recommend). 3 of 3 people found the following review helpful. Very good! By Organic Mama-San I love this detailed book full of information on why, how, where recipes of organics. The book is almost 1-3/4" thick and with hard covers. It has great colored images of the organic produces, nutritional facts of why going organic is essential. It also gives you selections, storage, uses and preparations. Lists of organic food suppliers and organizations. This is truly the comprehensive, authoritative organic foods guide book. 0 of 0 people found the following review helpful. Five Stars By rsmoak Very happy with product. Quick delivery.

The Organic Cooks Bible is a much-needed resource that demystifies the array of organic ingredients available and details how to choose, store, and prepare them. An indispensable reference for home cooks, gardeners, and chefs, this book is much more than a produce guide; it also covers meat and poultry, dairy and eggs, beans and grains, herbs and spices, and more organized alphabetically within each section for easy reference. Although organic foods are more readily available than they were just a few years ago, it takes a little effort to go organic in today's processed world. This book makes it easier, with in-depth descriptions of over 150 organic foods. It explains what makes these foods more flavorful nutritious than their nonorganic equivalents and gives information on nutrition, seasonality, what to look for, storage and preparation, and uses. More than 250 recipes capture the great taste of organic ingredients and add variety to everyday meals, with dishes like Winter Squash Soup with Pumpkin Seeds, Hazelnut-Crusted Pork Loin, and Rhubarb-Huckleberry Pie many contributed by leading organic chefs. There's even a special Top Varieties section that lists over 900 of the best varieties of organic and heirloom produce available in the United States. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

From Publishers Weekly Cox (Cellaring Wine), a veteran organic gardener, provides an encyclopedic guide to organic ingredients from fruits and vegetables to meats and dairy products, plus "kitchen staples" like coffee, bouillon and flour. Unlike most reference books, his is filled with personal touches: sidebars like "My Favorite Cherries" and "Keep an Eye Out for Black Walnuts" tell about Cox's encounters with foods, and even within the technical portions of the entries which give information on nutrition, seasonality, storage, preparation and so on, as well as brief, fascinating histories of a food's cultivation Cox often takes a personal approach. There are recipes using nearly every ingredient, most prepared simply to highlight a particular flavor, as in potent Rosemary Pesto, but others incorporate a food into heartier fare, like Caraway-Infused Pork. Though Cox's frequent pauses to extol organic food's virtues are of the preaching-to-the-choir variety, his abundant, knowledgeable advice on how to find and use the best products, and his presentation of special varieties of the ingredients make this a helpful resource for shoppers who are both bewildered and excited by the offerings in an ever-expanding field. Color photos not seen by PW. (Apr.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist A comprehensive guide to foodstuffs, this valuable reference tool empowers the reader with practical knowledge for identifying and making use of almost every edible. After a discussion of what constitutes organic food, Cox inventories vegetables in alphabetic order. Beyond commonplace asparagus, beets, carrots, corn, peas, potatoes, and their ilk, Cox includes cardoons, crosnes,

ground cherries, and even seaweed. For each entry, he gives a brief history, its organic cultivation, nutrition, types, seasonality, selection hints, preparation, and uses. Each citation has a recipe or two featuring the item as an ingredient. He provides identical treatment for fruits, nuts, seeds, beans, grains, herbs, spices, meats, dairy products, eggs, and kitchen staples such as chocolate, oils, flours, and wine. A supplemental chapter covers special varieties of vegetables and fruits that occasionally appear in markets. A list of sources complete with Web addresses helps identify organically oriented dealers. Although Cox openly advocates for organic foods, his encompassing approach eschews food fanaticism. The wealth of practical information crowding these pages makes this an indispensable resource. Mark KnoblachCopyright American Library Association. All rights reserved "One of my most treasured wedding gifts was a copy of the Columbia Encyclopedia. I would put 'The Organic Cook's Bible' in that same category, as an all-purpose reference." (New York Times, June 7, 2007)Cox (Cellaring Wine), a veteran organic gardener, provides an encyclopedic guide to organic ingredients from fruits and vegetables to meats and dairy products, plus "kitchen staples" like coffee, bouillon and flour. Unlike most reference books, his is filled with personal touches: sidebars like "My Favorite Cherries" and "Keep an Eye Out for Black Walnuts" tell about Cox's encounters with foods, and even within the technical portions of the entrieswhich give information on nutrition, seasonality, storage, preparation and so on, as well as brief, fascinating histories of a food's cultivationCox often takes a personal approach. There are recipes using nearly every ingredient, most prepared simply to highlight a particular flavor, as in potent Rosemary Pesto, but others incorporate a food into heartier fare, like Caraway-Infused Pork. Though Cox's frequent pauses to extol organic food's virtues are of the preaching-to-the-choir variety, his abundant, knowledgeable advice on how to find and use the best products, and his presentation of special varieties of the ingredients make this a helpful resource for shoppers who are both bewildered and excited by the offerings in an ever-expanding field. Color photos not seen by PW. (Apr.) (Publishers Weekly, January 30, 2006)