



At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well

By Amy Chaplin

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At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well By Amy Chaplin

James Beard Award Winner (Vegetarian)

IACP Award Winner (Healthy Eating)

A sophisticated vegetarian cookbook with all the tools you need to be at home in your kitchen, cooking in the most nourishing and delicious ways—from the foundations of stocking a pantry and understanding your ingredients, to preparing elaborate seasonal feasts.

Imagine you are in a bright, breezy kitchen. There are large bowls on the counter full of lush, colorful produce and a cake stand stacked with pretty whole-grain muffins. On the shelves live rows of glass jars containing grains, seeds, beans, nuts, and spices. You open the fridge and therein you find a bottle of fresh almond milk, cooked beans, soaking grains, dressings, ferments, and seasonal produce. This is Amy Chaplin's kitchen. It is a heavenly place, and this book will make it your kitchen too.

With her love of whole food and knowledge as a chef, Chaplin has written a book that will inspire you to eat well at every meal. Part One lays the foundation for stocking the pantry. This is not just a list of food and equipment; it's real working information—how and why to use ingredients—and an arsenal of simple recipes for daily nourishment. Also included throughout are tips on living a whole food lifestyle: planning weekly menus, why organic is important, composting, plastics vs. glass, drinking tea, doing a whole food cleanse, and much more.

Part Two is a collection of recipes (most of which are naturally gluten-free) celebrating vegetarian cuisine in its brightest, whole, sophisticated form. Black rice breakfast pudding with coconut and banana? Yes, please. Beet tartlets with poppy seed crust and white bean fennel filling? I'll take two. Fragrant eggplant curry with cardamom basmati rice, apricot chutney, and cucumber lime raita? Invite company. Roasted fig raspberry tart with toasted almond crust? There is always room for this kind of dessert.

If you are an omnivore, you will delight in this book for its playful use of

produce and know-how in balancing food groups. If you are a vegetarian, this book will become your best friend, always there for you when you're on your own, and ready to lend a hand when you're sharing food with family and friends. If you are a vegan, you can cook nearly every recipe in this book and feed your body well in the truest sense. This is whole food for everyone.

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Editorial Review

Review

"*At Home in the Whole Food Kitchen* is an inspiring book full of recipes that are both for our health and pleasure. Who says wholesome food can't be beautiful, too? The food looks gorgeous! I look forward to using this book in my own kitchen."—Deborah Madison, author of *Vegetable Literacy* and *The New Vegetarian Cooking for Everyone*

"*At Home in The Whole Food Kitchen* features some of the finest plant-based recipes available, and presents a wealth of information on food, health and ingredients. This creative work, directly from the bright spirit of Amy Chaplin, encourages us to discover the healing value of preparing authentic food."—Paul Pitchford, author of *Healing with Whole Foods*

"*At Home in the Whole Food Kitchen* is a guide for both health and pleasure. From personal experience, I know that Amy's cooking and recipes are exceptional—my whole family loves the meals I prepare using them. From chia pudding to butternut squash lasagna, Amy creates food that's good for you and that you dream of having again and again."—Natalie Portman

"Amy Chaplin's beautiful cookbook, *At Home in the Whole Food Kitchen*, should be a staple in every pantry—vegetarian or not."—*Spirituality & Health* magazine

About the Author

AMY CHAPLIN has worked as a vegetarian chef for over twenty years. She is the former executive chef of New York's renowned vegan restaurant Angelica Kitchen, a recipe developer, a teacher, and a private chef whose clients include Natalie Portman and Liv Tyler. Amy's delicious vegan and vegetarian cuisine has appeared in numerous publications, including *Martha Stewart Living*, *Vogue*, *Whole Living*, *New York* magazine, the *Guardian*, and *Fitness*. She is also a regular contributor to the Food Network's HealthyEats blog. A native of Australia, over the last two decades Chaplin has worked as a chef in Amsterdam, London, Sydney, and New York. She currently resides in New York City.

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