



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

By Amy Chaplin

Download now

Read Online ➔

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.

 [Download At Home in the Whole Food Kitchen: Celebrating the ...pdf](#)

 [Read Online At Home in the Whole Food Kitchen: Celebrating t ...pdf](#)

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

By Amy Chaplin

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.

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

Bibliography

- Sales Rank: #25899 in Books
- Brand: Chaplin, Amy/ Miller, Johnny (PHT)
- Published on: 2014-10-21

- Released on: 2014-10-21
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 10.56" h x 1.39" w x 8.54" l, 1.25 pounds
- Binding: Hardcover
- 400 pages

 [Download At Home in the Whole Food Kitchen: Celebrating the ...pdf](#)

 [Read Online At Home in the Whole Food Kitchen: Celebrating t ...pdf](#)

Download and Read Free Online *At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well* By Amy Chaplin

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.

Users Review

From reader reviews:

Thad Whitehead:

In this 21st millennium, people become competitive in each and every way. By being competitive currently, people have to do something to make these people survive, being in the middle of often the crowded place and notice through surrounding. One thing that at times many people have underestimated that for a while is reading. Sure, by reading a book your ability to survive boost then having chance to endure than other is high. For you personally who want to start reading any book, we give you this particular *At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well* book as beginning and daily reading book. Why, because this book is usually more than just a book.

Joycelyn Chambers:

Now a day individuals who Living in the era exactly where everything reachable by connect to the internet and the resources included can be true or not require people to be aware of each info they get. How individuals to be smart in receiving any information nowadays? Of course the reply is reading a book. Studying a book can help individuals out of this uncertainty Information mainly this At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well book since this book offers you rich information and knowledge. Of course the info in this book hundred per-cent guarantees there is no doubt in it you probably know this.

Carmen Annunziata:

Reading a e-book can be one of a lot of exercise that everyone in the world likes. Do you like reading book therefore. There are a lot of reasons why people enjoyed. First reading a guide will give you a lot of new data. When you read a book you will get new information due to the fact book is one of numerous ways to share the information or their idea. Second, looking at a book will make you more imaginative. When you examining a book especially fiction book the author will bring you to imagine the story how the personas do it anything. Third, you can share your knowledge to other folks. When you read this At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well, you can tells your family, friends and also soon about yours reserve. Your knowledge can inspire the mediocre, make them reading a reserve.

Christina Harper:

Your reading sixth sense will not betray an individual, why because this At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well e-book written by well-known writer who really knows well how to make book which might be understand by anyone who also read the book. Written within good manner for you, dripping every ideas and producing skill only for eliminate your hunger then you still uncertainty At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well as good book not just by the cover but also through the content. This is one guide that can break don't ascertain book by its protect, so do you still needing yet another sixth sense to pick this!? Oh come on your reading through sixth sense already told you so why you have to listening to another sixth sense.

**Download and Read Online At Home in the Whole Food Kitchen:
Celebrating the Art of Eating Well By Amy Chaplin
#2IYKD1PTQ8G**

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

At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well By Amy Chaplin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read At Home in the Whole Food Kitchen: Celebrating the Art of Eating Well By Amy Chaplin books to read online.

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

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

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

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