



The Adaptable Feast: Satisfying Meals for the Vegetarians, Vegans, and Omnivores at Your Table

By Ivy Manning

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After marrying a vegetarian, meat-lover Ivy Manning developed a collection of recipes that each had a "fork in the road" to a few vegetarian servings of a meaty dish or a few omnivore servings of a vegetarian dish. Over the years, the author has assembled a diverse and delicious array of recipes from cuisines worldwide that are flexible enough to accommodate everyone at the table. Typical entries in this beautifully illustrated cookbook include elegant Japanese Eggplant and Halibut with Miso Glaze, and a sumptuous Spaghetti Carbonara for gourmands of all persuasions.

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Editorial Review

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Pity the well-meaning host who invites friends for an evening dinner only to find that some guests are vegetarian, some eat no seafood, some eat only red meat, and some are vegan. Too often the cook then must prepare three or four different meals to satisfy guests' demands. Manning comes to the rescue with a clever cookbook. Each basic recipe has a stopping point in its process where a quantity of the dish is set aside to feed the vegetarians before any meat products go in. In some cases, the meat-free portion is then enriched with the addition of beans or tofu. For the vegan, Manning indicates which ingredients may simply be left out altogether. She turns to meat substitutes, such as seitan, as advice on ensuring that vegans get sufficient complete proteins for sound nutrition. --Mark Knoblauch

Review

Praise for The Adaptable Feast by Ivy Manning "The Adaptable Feast--what a great idea and what a helpful one, too, for there are many households that include both vegetarians and carnivores. This smart book takes the struggle out of trying to figure o

About the Author

Ivy Manning lives in Portland, OR.

Users Review

From reader reviews:

Debbie Bennett:

Now a day folks who Living in the era just where everything reachable by match the internet and the resources in it can be true or not call for people to be aware of each info they get. How a lot more to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Looking at a book can help men and women out of this uncertainty Information especially this The Adaptable Feast: Satisfying Meals for the Vegetarians, Vegans, and Omnivores at Your Table book because book offers you rich facts and knowledge. Of course the details in this book hundred % guarantees there is no doubt in it everybody knows.

Amanda Grant:

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that?

Darla Kemp:

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