



The Southern Vegetarian Cookbook: 100 Down-Home Recipes for the Modern Table

Justin Fox Burks, Amy Lawrence

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Anyone not adequately acquainted with the South's true culinary terrain might struggle with the idea of a Southern vegetarian. Because isn't the South one big feast of meaty indulgence? Don't vegetables play a supporting role to fried chicken and bacon on a Southern table? Justin Fox Burks and Amy Lawrence turn that notion on its head by recasting garden bounty as the headlining act on a plate. In a region distinguished by ideal growing conditions and generations of skilled farmers, Southern-style vegetarian cooking is not only possible, it's a pursuit brimming with vine-ripened possibility.

Grab a chair in Burks and Lawrence's kitchen and discover modern recipes that evoke the flavors of traditional Southern cooking, with techniques and ingredients loved so dearly throughout the region:

- Lemon Zest and Thyme Pimento Cheese
- Grilled Watermelon and Tomato Salad with Honey Lime Vinaigrette
- Okra Fritters with Creole Mustard Sauce
- Vegetarian Red Beans and Rice with Andouille Eggplant
- Roast Beet Salad with Sea Salt Granola and Honey Tarragon Dressing
- Grilled Peach Ice Cream

Whether you're a devoted plant-eater or a steadfast omnivore, The Southern Vegetarian Cookbook will help you shift vegetables from the outskirts of your plate into main course position. Eating your vegetables has never been more delicious.

"True Southern food will always adapt to its surroundings. It is not the stubborn lout that many think it is, rather it's a nimble cheerleader of its region. It revels in vegetables and cherishes seasons. Burks and Lawrence are adding healthy substance to the definition of our Southern food. The Southern Vegetarian is a great addition to any culinary library." ?Hugh Acheson, author of *A New Turn in the South*

"Come eat with The Chubby Vegetarian. Justin and Amy are the only people I have ever met who can take the hock out of greens and not remove the soul from the pot." ?Kelly English, Food & Wine Best New Chef 2009, Chef/Owner of Restaurant Iris

"What you have in your hands is a gift. It is a fresh, fun, slightly irreverent and joyful new look at Southern vegetarian dishes...a look that needed to be taken." ?John Currence, James Beard Foundation award for Best Chef South, Chef/Owner, City Grocery Restaurant Group

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From reader reviews:

Ronald Hopkins:

In this time globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. Often the book that recommended for your requirements is The Southern Vegetarian Cookbook: 100 Down-Home Recipes for the Modern Table this reserve consist a lot of the information in the condition of this world now. This kind of book was represented how can the world has grown up. The terminology styles that writer use for explain it is easy to understand. Typically the writer made some investigation when he makes this book. That's why this book suited all of you.

Ruby Martinez:

In this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become considered one of it? It is just simple method to have that. What you must do is just spending your time not much but quite enough to get a look at some books. One of the books in the top collection in your reading list is usually The Southern Vegetarian Cookbook: 100 Down-Home Recipes for the Modern Table. This book which can be qualified as The Hungry Hillside can get you closer in turning into precious person. By looking upwards and review this guide you can get many advantages.

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feel alone and confuse using what must you're doing of their time.

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