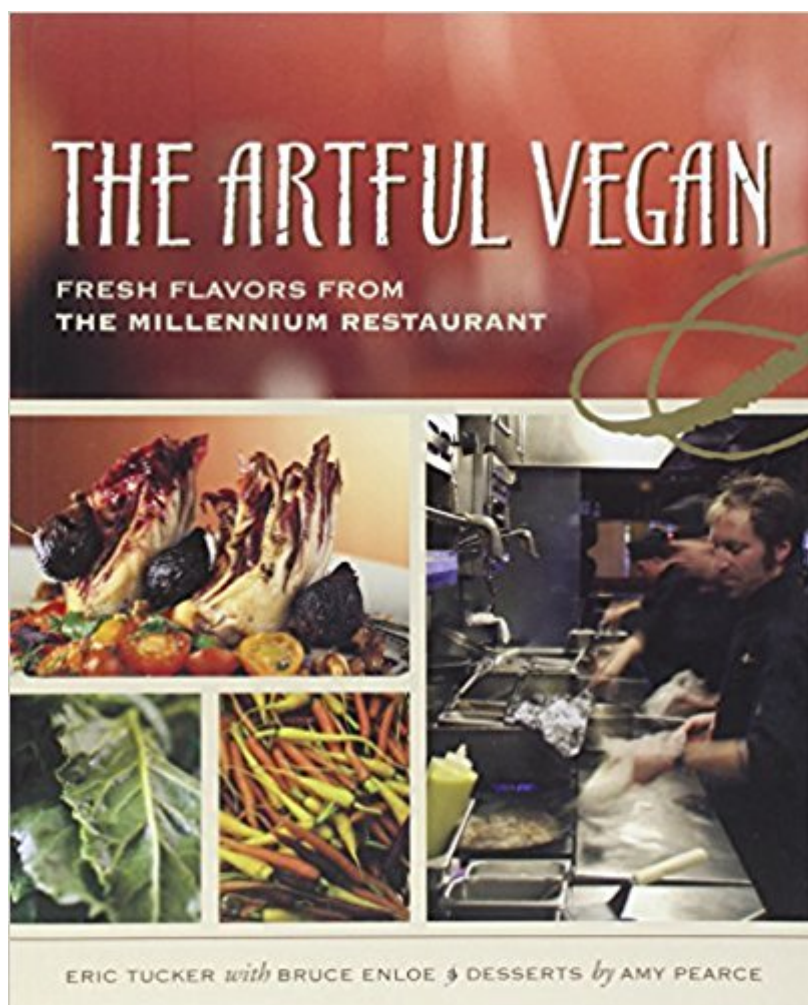


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# The Artful Vegan: Fresh Flavors From The Millennium Restaurant



## Synopsis

Since 1994, San Francisco's Millennium Restaurant has created a visionary gourmet experience, redefining vegan cuisine for the twenty-first century. Its nuanced seasonings, elegant presentations, and resourceful use of exotic ingredients elevates vegan food to the level of fine dining, while the landmark MILLENNIUM COOKBOOK proves you don't need meat and dairy to make delicious, satisfying gourmet dishes at home. In THE ARTFUL VEGAN, chefs Eric Tucker, Bruce Enloe, and Amy Pearce present 140 new impassioned interpretations of global cuisine, spanning influences from the Pacific Rim to the Deep South. Showcasing an innovative repertoire of flavors, methods, and ingredients on the cutting edge of healthful taste and nutrition, these sumptuous recipes attest to the endless possibilities of all-organic vegan cooking. Here's a taste: Lemon-Pine Nut Ravioli over Baby Artichoke-Golden Tomato Rago, Oyster Mushroom Calamari Stuffed Poblano Chiles over Forbidden Black Rice Risotto Strawberry, Rose, and Rhubarb Soup German Chocolate Cake All the recipes are cholesterol free, and many are low in fat or can be made with little or no oil. Whether you're a strict herbivore or simply interested in exploring a dynamic new cuisine, the food of Millennium will open your mind-and palate-to a world of enticing vegan flavors. From the Hardcover edition.

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## Customer Reviews

In stark contrast to some traditional vegan cookbooks, which feature dishes like lentil burgers and bulgur salad, the Millennium Restaurant's second cookbook pushes the boundaries of vegan

cuisine, offering extravagant recipes for dishes such as Stuffed Poblano Chilies over Forbidden Black Rice Risotto with Roasted Corn-Avocado Abdi. Though Tucker, Millennium's executive chef, encourages readers to "dissect our dissections... to take apart our dishes, simplify them," his recipes are often too complex to be realistic for most home cooks. Caramelized Three Onion and Porcini Cappuccino with Truffled Soy Foam calls for an espresso machine, for example, and Quick Pickled Oranges requires access to impeccable produce; the recipe did not work well with standard supermarket citrus. What the San Francisco restaurant really offers is inspiration to readers interested in cutting-edge vegan and raw-food cuisine. Recipes like Portobello Carpaccio over Carrot and Parsnip Fettuccine with Raw Pumpkin Seed-Ancho Chile Pesto should delight vegetarians looking for new flavor combinations. And Pearce's desserts shine-her lavish use of cashews and coconut milk offers a richness usually absent from vegan treats. The authors also provide information about organic wines and vegan substitutes, detailed nutritional information for each recipe and translations of traditional high cuisine dishes, like steak au poivre, to vegan, seasonal styles (e.g. Fauxlet au Poivre). With its complex recipes and enticing color photographs, this book is a welcome and needed addition to any library of modern cuisine. Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Give a few people who are passionate about cooking a lot of restrictions in what they can cook with, and this is the result: a wealth of innovative ideas that should inspire any adventurous cook.

I'm impressed and delighted to see a vegan approach to cooking and eating that is so sensual and so clearly driven by good, seasonal ingredients.-Deborah Madison, author of *Vegetarian Cooking for Everyone* and *Local Flavors: Cooking and Eating from America's Farmers' Markets*"THE ARTFUL VEGAN is a rare gift. Through the pleasure of creative cooking, every mouthful of these delightful recipes helps to create a world we all can enjoy."-Frances Moore Lappé, author of *Diet for a Small Planet* and co-author of *Hope's Edge: The Next Diet for a Small Planet* "In his second book, Eric Tucker once again brings home his wildly inventive and eclectic recipes. It's no wonder that Millennium has become a mecca for those seeking gastronomic thrills."-Alexandra Greeley, food editor of *Vegetarian Times*From the Hardcover edition.

There are two chefs who taught me how to cook by virtue of publishing the books that I learned from. The first is Madhur Jaffrey (*World of the East Vegetarian Cooking*--an outstanding, comprehensive book of recipes, methods, ingredients and their substitutions for beginners with a

knack for flavors and the will to give it a try). The next is Eric Tucker, Head Chef of Millennium Restaurant in San Francisco (best restaurant I've ever had the pleasure of dining in) and author of two Millennium books including *The Artful Vegan*. I have both of Eric Tucker's books (*Artful*, and *The Millennium Cookbook*), and I reference them both frequently, whether I want to put on a pull-out-all-the-stops fabulous dinner party or just want a little inspiration for interesting flavor combinations for tonight's dinner. Complicated? Doesn't have to be. First thing you'll want to know about these books is that other reviewers are right that these are not meant for whipping up quick meals at the end of a long day. That said, I have on countless occasions pulled out Eric's books for inspiration for a quick something-or-other to do with, say, butternut squash. Say I've baked a butternut squash ahead of time and have it sitting in the fridge waiting for me to do something with it at the end of one of these hard days. A quick flip to the index of *Artful* for "squash, butternut" sends me to pp. 130-131, where I see the interesting combination of garlic, lemons, tahini, onion, tomato, and mint (plus some other things that I don't feel like putting in). I decide to combine those ingredients with some nice wild mushrooms I have in the fridge, a little minced serrano chile, and a smidge of raw sugar melted and poured over the squash, and I come up with a darned yummy and easy meal. The thing to remember is that cookbooks are suggestions, nothing more. They are launching pads. With *The Artful Vegan*, what you've got is a series of very interesting flavor combinations that should make you feel like a kid in the world's biggest sandbox--play Play PLAY with the flavors, play with the textures, use the bits that sound good to you, combine them with other bits that pique your curiosity, and learn from it. Some of your "experiments" might well suck--that's OK. A bunch of them will be exquisite. *Artful* gives you a very comprehensive bunch of ideas that take you--well, it definitely took me--to places I would not have thought to go on my own. Now I do think it, and this is why I say Eric Tucker is one of the chefs who taught me to cook by writing this excellent book. Well, unless you want it to be complicated: Using the recipes not as suggestions but as verbatim instructions will also have you singing with glee. This is where you should set aside a day of preparation ahead of time and then another day to do the cooking and assembling and serving. Really--plan for a Sunday eve meal that you start on Saturday morning (preferably with a visit to the local farmers' market). This is why I (and other reviewers) say the recipes are time-consuming. But if you love the subtle arts of cookery and fancy yourself brave enough to try new techniques and flavor/texture combinations, you are going to love this book, and you are going to have more fun in the kitchen and be more impressed with what you can make than ever before. Ingredients and equipment: It also helps immensely to live in a great place like the San Francisco Bay Area where access to all things gastronomic are readily available. Between the wide variety of our farmers'

markets, international groceries, organic health food stores, and the great outdoors, any outstanding ingredients list is pretty well covered in the Bay Area. If you live in an area where there's not as much selection, you'll need to be creative about substitution ingredients. Fortunately, Eric's books are good about telling you what other (perhaps less "exotic") ingredients would work well, what pieces you could leave out of the recipe and still have something stellar, and so forth. You don't need a lot of specialized kitchen equipment to make these recipes. One assumes a blender and/or food processor and a basic set of quality knives and cookware. But you don't need all those stupid tchotchkes that have one use only, are impossible to clean and care for, and cost you a month's salary. Exquisite cooking is not defined by the fussiness of one's gadgets. (In my experience, reliance on fussy gadgetry is inversely related to cooking skill). Oh, those gorgeous photos! One last thing: not every recipe in this book has a photo of the finished dish, but many do. The photos are works of art in and of themselves--the book is a visual feast as well as a collection of ideas for your own gustatory feast. Plus, with instructions that can seem at first to be very complicated, it's helpful to look at the photo and say "Oh, that's what he means by that!"

~~~~~To sum up:

- 1) The other reviewers are right that these recipes can be very time-consuming and complicated. Sometimes you want that--satisfies the inner chef-artiste in all of us;
- 2) The recipes are easily adaptable to be a lot less time-consuming and complicated, and Eric Tucker provides a lot of guidance on how to adapt the recipes;
- 3) You don't need to be an expert with a bunch of ridiculously complicated kitchen equipment to make the food in this book. You just need a bit of an experimental attitude, good solid basic kitchen equipment, and the willingness to have fun with new flavors, textures, ingredients, and ideas;
- 4) This shouldn't, however, be your first cookbook. You will likely enjoy the book most if you already have some experience fiddling around in the kitchen and are familiar with the basic terminology ("blanching" almonds, for example. Not too complicated--and there's a Basics section, a Techniques section, and a Glossary section in the back to help you with this stuff);
- 5) The Artful Vegan, along w/ Eric's earlier The Millennium Cookbook, took my cooking to a new level. It's doable, it's absolutely worth doing, and it's a heck of a lot of fun!

Â¡Buen provecho!

Really difficult recipes with some hard to find ingredients. Very tasty and worth the effort if you like to cook.

Ohhh I LOVE this cookbook! It is absolutely "artful"!

I purchased this book while in Culinary school to use for inspiration during our "spa cuisine" section.

I still use it to this day, even though I am not a vegan. It has delicious recipes that are layered with flavor and texture experiences. I just love flipping through it for the photos as well. I LOVE this book. Anyone wishing to try a different style of eating or just eat meatless a few times a week would greatly benefit from this amazing book. Some of the dishes may be a bit complicated for a novice cook, but you can take several of the recipes and only prepare parts of them. The gnocci is AMAZING!

If you are a serious foodie and vegan (or even if you are not, like me) you will love this book! The recipes are very involved and take time to make, but are worth it!

Lots of great recipes and ideas. Becoming vegetarian was a big switch for me and this book was helpful in making creative and tasty dishes.

As many other reviewers have mentioned - this is not a beginner's guide to vegan cooking. I have never seen a cookbook like this one. When I make a recipe from this book I have to plan a shopping list ahead of time and read through the recipes before I start preparing them. It takes quite a bit of effort but is worth EVERY SECOND I spend on it. The flavors are downright tantalizing and the dishes plate so beautifully you feel like you are dining in a 5-star restaurant. If you love to cook and love wowing your dinner guests then this is a definite book for you.

Adore the Millennium restaurant in San Francisco, love both of the cookbooks. Vegans should not be without either of them.

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