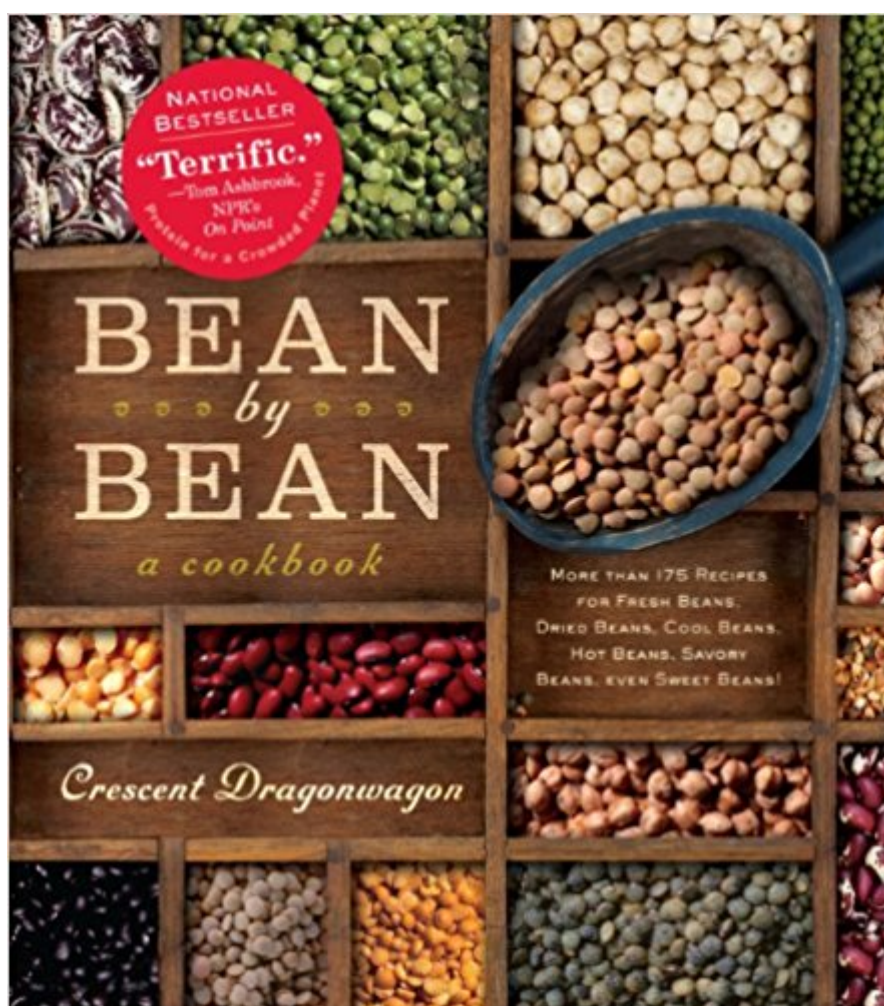


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# Bean By Bean: A Cookbook: More Than 175 Recipes For Fresh Beans, Dried Beans, Cool Beans, Hot Beans, Savory Beans, Even Sweet Beans!



## Synopsis

Has there ever been a more generous ingredient than the bean? Down-home, yet haute, soul-satisfyingly hearty, valued, versatile deeply delectable, healthful, and inexpensive to boot, there's nothing a bean can't do—and nothing that Crescent Dragonwagon can't do with beans. From old friends like chickpeas and pintos to rediscovered heirloom beans like rattlesnake beans and teparies, from green beans and fresh shell beans to peanuts, lentils, and peas, *Bean by Bean* is the definitive cookbook on beans. It's a 175-plus recipe cornucopia overflowing with information, kitchen wisdom, lore, anecdotes, and a zest for good food and good times. Consider the lentil, to take one example. Discover it first in a delicious slather, Lentil Tapenade. Then in half a dozen soups, including Sahadi's Lebanese Lentil Soup with Spinach, Kerala-Style Dahl, and Crescent's Very, Very Best Lentil, Mushroom & Barley Soup. It then turns up in Marinated Lentils De Puy with Greens, Baked Beets, Oranges & Walnuts. Plus there's Jamaica Jerk-Style Lentil-Vegetable Patties, Ethiopian Lentil Stew, and Lentil-Celeriac Skillet Sauce. Do the same for black beans—from Tex-Mex Frijoles Dip to Feijoada Vegetariana to Maya's Magic Black Beans with Eggplant & Royal Rice. Or shell beans—Newly Minted Puree of Fresh Favas, Baked Limas with Rosy Sour Cream, Edamame in a Pod. And on and on—from starters and soups to dozens of entrees. Even desserts: Peanut Butter Cup Brownies and Red Bean Ice Cream.

## Book Information

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## Customer Reviews

Crescent Dragonwagon is the James Beard Awardâwinning author of seven cookbooks, including Dairy Hollow House Soup & Bread Cookbook, Passionate Vegetarian, and, most recently, The Cornbread Gospels. She is also a contributing editor to Relish magazine and has appeared on Good Morning America, Today and NPRâs The Splendid Table. She lives, grows, and cooks her beans on a farm in Putney, Vermont.

Not really what I was looking for. Agree with some of the other reviews, pictures would be nice and too many ingredients I wouldn't probably use and don't want to purchase. Returning.

Gave thPurchased for relative. Has lots of info.

When I decided to change my eating method to a plant-based diet, I knew I needed more information on beans--their advantages, the level of protein, etc.. After reviewing several volumes dealing with beans, I chose this one. I'm glad I did. Ms. Dragonwagon covers many types of beans, with plentiful pictures indentifying the different ones, both the familiar and the less known. Her text is clear and informative. Her recipes are simple and wonderful. She is a great teacher.If you are interested in learning about the benefits of adding or increasing the frequency of beans in your diet, this is a great resource. I highly recommend it.

Great book, lots of original, tasty recipes

This book is so entertaining you can not put it down once you pick it up!! The writing is witty and exquisitely delivered. I have been completely inspired to add beans into my every day diet for the rest of my life!

I read this book from cover to cover. It was entertaining and informative. I've already made 4 of the recipes and they are awesome! Even my son has liked them-and he's a picky eater. Even though they are not necessarily vegetarian recipes, she gives so many options for you to make a recipe vegetarian or not that I think this book will appeal to many different cooks. The flavor combinations in many of the dishes are new to me and creative, easy and delicious. I'm SOOOO glad i got this book!

Fantastic bean recipes with many variations not seen in a "run of the mill" cookbook. I ordered this

book because I liked what reviewers had to say and wanted to try some new bean recipes. I did cartwheels when I saw who the author was - Crescent Dragonwagon - whose cookbooks are among my favorites! There are a large number of "new" to me recipes, from appetizers to desserts and so far we have enjoyed each and every one.

Great bean recipes that are not so common and very well researched. Very much worth every cent of the purchase price.

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