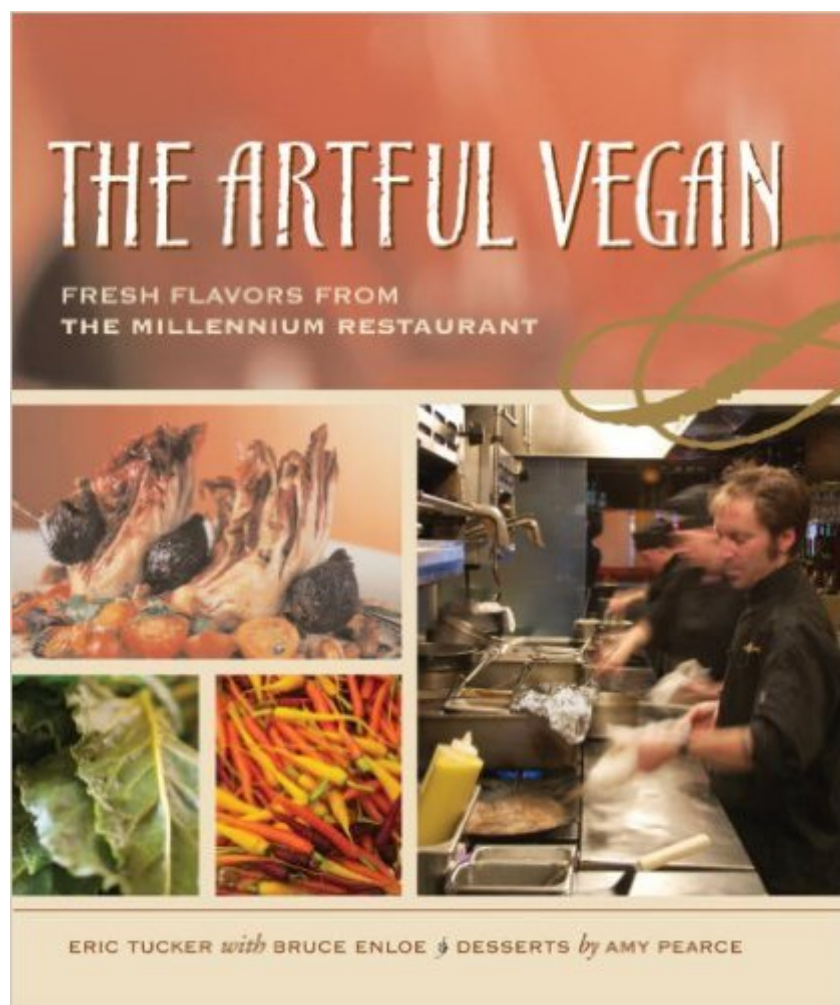


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# The Artful Vegan: Fresh Flavors From The Millennium Restaurant



## 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.

## Book Information

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## Customer Reviews

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.

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