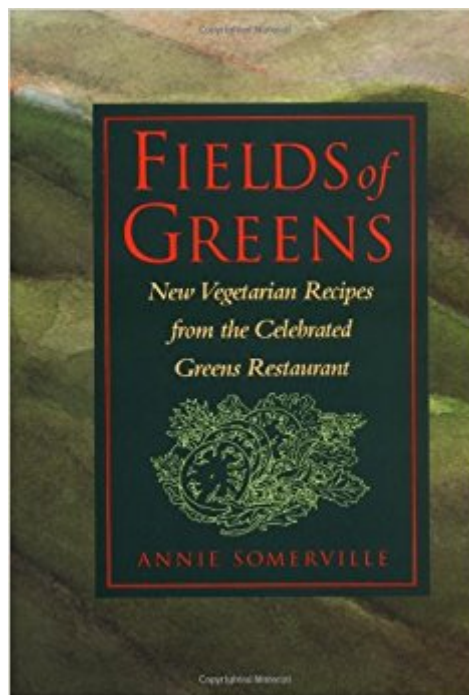


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Fields Of Greens: New Vegetarian Recipes From The Celebrated Greens Restaurant



Synopsis

The opening of Greens Restaurant on San Francisco Bay in 1979 changed forever the image of vegetarian cooking in America. From the restaurant's imaginative mix of casual elegance, exciting tastes, and a subtle message of health and harmony, a distinctive cuisine was born that has continued to bring joy to many thousands of diners every year as well as to the hundreds of thousands of readers who delight in The Greens Cookbook. In its latest incarnation, the restaurant has evolved toward a lighter, leaner, simpler cuisine, one that keeps all the spirit and refinement of the original menu but depends more on the excitement of sparkling fresh produce and its integral relationship to the dishes it inspires. In close to 300 original recipes, the new Greens style includes exuberant salads, soups, the legendary crusty Greens pizzas, curries and hearty stews, grilled vegetables, and intriguing turnovers made with filo pastry, tortillas, and savory doughs. And of course there are heavenly breads and the famous desserts, like ginger pound cake with poached apricots and cherries. This cornucopia of brilliant dishes focuses on tantalizing tastes, with a new simplicity, clarity, and liveliness as its hallmark. Annie Somerville, the executive chef at Greens, goes right to the heart of the matter: extraordinary produce that's bursting with flavor, color, and texture. Some of her favorites--like crinkly Bloomsdale spinach, candy-striped Chioggia beets, succulent Rosefir potatoes--are highlighted in the text for gardeners and farmers' market aficionados. But the Greens style is above all accessible; ordinary red beets will be just fine if more exotic varieties are unavailable. To help with availability, there's information on locating farmers' markets throughout the country as well as sources for plants, seeds, and local resources. Because the garden is at the center of this book, readers are encouraged to try their hand, in tiny backyards and windowsill boxes if necessary. Invaluable growing tips are offered from Green Gulch Farm, the source of much of the stunning produce served at the restaurant. Other special features include a section on low-fat cooking and another on pairing wine with vegetarian food. All of the abundance and exuberance that the title Fields of Greens implies is here, for the novice as well as the expert, for simple last-minute meals as well as extravagant occasions. For truly inspired contemporary vegetarian cooking, Fields of Greens is the essential sourcebook. Annie Somerville trained under Deborah Madison, the founding chef at Greens Restaurant. Under Somerville's guidance as executive chef, Greens has become a culinary landmark. Her work has been featured in Gourmet, Food & Wine, Ladies' Home Journal, SF, and California magazine. She also contributed to The Open Hand Cookbook and Women Chefs cookbook.

Book Information

Hardcover: 437 pages

Publisher: Bantam (April 1, 1993)

Language: English

ISBN-10: 0553091395

ISBN-13: 978-0553091397

Product Dimensions: 7.3 x 1.4 x 10.2 inches

Shipping Weight: 5.9 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 42 customer reviews

Best Sellers Rank: #394,878 in Books (See Top 100 in Books) #98 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > California](#) #467 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#) #633 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#)

Customer Reviews

Somerville, executive chef at San Francisco's famed vegetarian restaurant, here compiles a useful, if unexceptional, array of meat- and fish-free recipes based mainly on fresh and varied produce, and following in the footsteps of the bestselling *Greens Cookbook* by Deborah Madison. Notable is the chapter on salads, where each combination of greens, vegetables, grains or beans ("corn and bulgur salad with cilantro and lime" and "winter greens with pears, walnuts and warm Roquefort croutons") is conveniently accompanied by its own dressing recipe. Vegetable stews and curries are enlivened with chilies, citrus and fresh ginger, while most pizzas, like that with artichokes, red onions and thyme, are devoid of tomato sauce. Tarts, savory pancakes, including "spinach cakes with shiitake mushrooms and goat cheese," companion dishes and frittatas and omelettes are prepared with a fairly light-handed apportioning of calorie-laden cheese and heavy cream. Three basic stocks (vegetable, mushroom and corn) offer flavorful starts for soups. Framed with an introduction about organic gardening at nearby Green Gulch farm and a glossary on produce, the recipes emphasize simplicity of preparation and clarity of taste. Nutritional analyses are not provided. Copyright 1993 Reed Business Information, Inc.

Fields of Greens, the successor to Deborah Madison's enormously popular *The Greens Cookbook* (LJ 5/15/87), is just as impressive as the first book. The restaurant Greens is known for its unique and sophisticated vegetarian fare, with an emphasis on fresh ingredients and flavor. Somerville, the executive chef, presents more than 300 inventive recipes, including appetizing creations like Grilled

New Potato Salad, Mushroom Risotto with Leeks and Fennel, and Lemon Pots de Creme, along with lots of beautiful soups, pastas and pizzas, delicious sandwiches, and a variety of sauces and condiments. This book's appeal will not be limited to vegetarians, and the current rage for "healthy eating" guarantees an even broader audience. Highly recommended. Copyright 1993 Reed Business Information, Inc.

I got this book the year it was published after reading a thumbnail review in one of the food magazines, and about 6 years ago, realized I'd made everything in it at least once. The original book was used so much it fell apart and I have one in Boston and one in NM. They are covered in notes of who was here when it was made, corrections and ingredient swaps. These are not after work on Wednesday night recipes -- they use hard to find or expensive ingredients (e.g., good luck finding sorrel in New England, \$18 lb. chanterelles), need lots of shopping, prep and time at the stove but the pay off is WHOA restaurant quality meals, this is food at its best. Your friends will always show up and never want to leave. The best of the best: the corn and mushroom stocks, in the summer, Grilled New Potato Salad with Cherry Tomatoes, Green/Yellow Beans with Pesto, Orange Pecan Scones, Pepper and Corn Soup (get out your food mill). The real show stoppers are the Lasagne with Mushroom Port Sauce (serious special occasion meal, two days of work but out of this world delicious), any of the risotto and cannelloni (pasta making days at my house are over, use large shells, trust me, no one will complain) and the Winter Vegetable Pie (double the tart crust, half of the vegetables is plenty). The deserts are so-so and none are worth the effort (Raspberry Almond Bread - bleh), forget the focaccia and the pizza crust.

Annie Somerville's Field of Green's is easy to follow and a few recipes into it you feel like you're attending cooking school. It takes some time to accumulate the pantry basics she uses but in time you'll be shopping easily for her delicious, classic fresh California cuisine. If you love a good salad you'll be pleasantly surprised by her wonderful dressings. The focaccia recipe is perfect and turns out artisan bakery quality every time. Her enchiladas rojas are to die for. Unbelievably delicious soups. You'll need access to an excellent produce section, farmer's market or garden. I've been using my copy for 20 years now and have never come across anything comparable in explanations, readability etc... I'm a convert!

Beyond dated recipes. Most recipes are bland, those that are not contain combinations of ingredients that just don't work. This may have been a solid book in the early 90s when it was

printed, but our sensibilities about food and our palettes have evolved much since then. Not recommended.

I'm not vegetarian, though I do have leanings...but I find myself coming back to this book whenever I am stuck for a meal. The recipes are incredibly diverse and delicious -- wonderful salads, soups, curries, stews, pastas, risottos, breakfast goodies, desserts: most of my daughter's favorite meals come straight from Annie Sommerville's well thought out and lucidly written book (it was her favorite birthday present when she turned 21). Along with the recipes are a myriad of helpful tips for various small details encountered in the preparation of these recipes, which are not complicated but are based on the principle of fresh ingredients presented to accentuate that freshness. Nothing canned beyond tomatoes are ever called for; spices are ground and often roasted as part of the prep: the cooking requires only a willingness to submit to the preservation of the ingredients' integrity. The reward is a meal where the love that went into it is as evident as the actual foods used. The follow-up book (Everyday Greens) is also wonderful, though I favor this one slightly. Its predecessor by Deborah Madison (The Greens Cookbook) is also very good but the recipes are heavier -- more butter and cream, for instance. They make a great triumvirate, but I would definitely start with Field of Greens.

Great vegetarian cook book. Well-thought out recipes. Very tasty. Ingredient are relatively easy to come by. I cook from this book all the time. I'm not a fan of tofu. This book shows that tofu is not needed. You will get balanced nutrition from the recipes.

Love this cookbook. I had an older copy that was worn out and I had to buy to new one. I recommend this book to everyone. Every receipe is wonderful!

This was a gift for a family member recently gone vegetarian. The recipe selection is lighter and has more character than traditional publisher's versions of veggie cook books. Wish it had more illustrtions. When trying things out for the first time it helps to have a visual of how the end product should look, especially for novices.

It's a great book to read and for recipes!

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