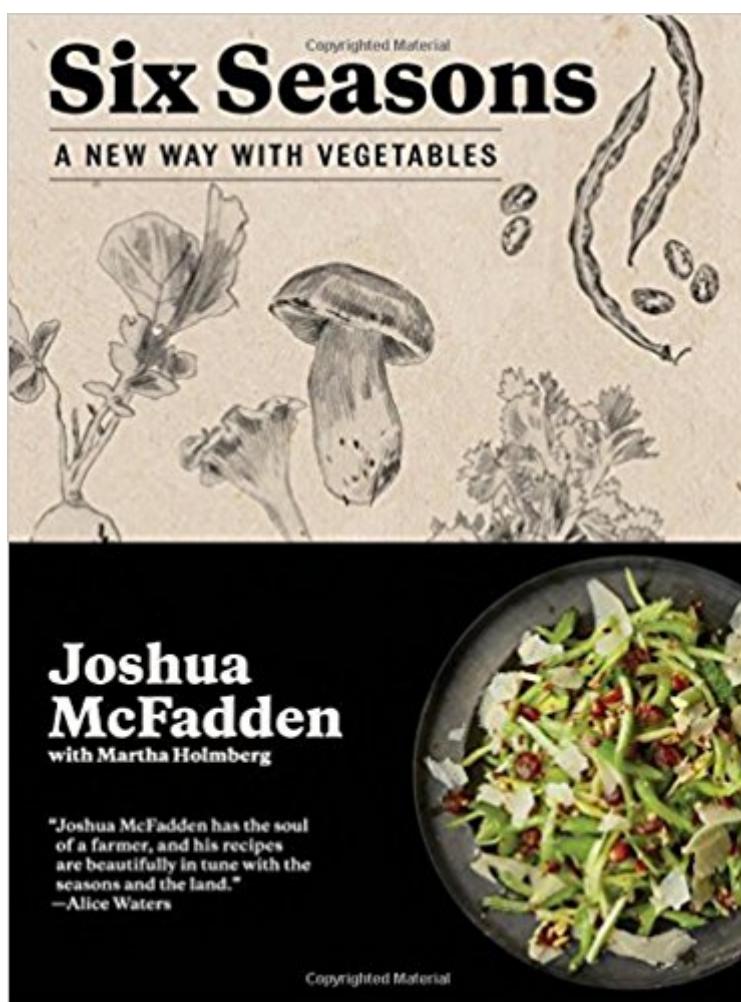


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# Six Seasons: A New Way With Vegetables



## Synopsis

“Never before have I seen so many fascinating, delicious, easy recipes in one book. . . . [Six Seasons is] about as close to a perfect cookbook as I have seen . . . a book beginner and seasoned cooks alike will reach for repeatedly.” •Lucky PeachThe debut cookbook from Joshua McFadden, a chef with the soul of a farmer and the palate of a visionary Joshua McFadden, chef and owner of renowned trattoria Ava Gene’s in Portland, Oregon, is a vegetable whisperer. After years racking up culinary cred at New York City restaurants like Lupa, Momofuku, and Blue Hill, he managed the trailblazing Four Season Farm in coastal Maine, where he developed an appreciation for every part of the plant and learned to coax the best from vegetables at each stage of their lives. In Six Seasons, McFadden channels both farmer and chef, highlighting the evolving attributes of vegetables throughout their growing seasons—an arc from spring to early summer to midsummer to the bursting harvest of late summer, then ebbing into autumn and, finally, the earthy, mellow sweetness of winter. Each chapter begins with recipes featuring raw vegetables at the start of their season. As weeks progress, McFadden turns up the heat—grilling and steaming, then moving on to sautéing, pan roasts, braises, and stews. His ingenuity is on display in 225 revelatory recipes that celebrate flavor at its peak.

## Book Information

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## Customer Reviews

“A great book. Period. . . . Never before have I seen so many fascinating, delicious, easy recipes in one book. . . . In fact, it’s about as close to a perfect cookbook as I have seen.

What McFadden and Holmberg have achieved is no small feat: This is a book that will educate nearly everyone who picks it up, a book beginner and seasoned cooks alike will reach for repeatedly. It's the rare book that achieves what it sets out to do, and manages to do so in a manner that is both appetizing and engaging. It is accessible without sacrificing its artistry.

•Lucky Peach's "Six Seasons: A New Way with Vegetables" is poised to join the veggie canon. . . . The flavors are big. . . . They're also layered and complex, despite their apparent simplicity. What will really change your cooking is [McFadden's] approach to seasoning. . . . Trust me: Read this book and you'll never look at cabbage the same way again.

•Bon Appétit, 11 Spring Cookbooks You'll Actually Cook From

•"Stellar mix-and-match recipes that highlight produce at its gorgeous peak."

•Food & Wine

•"Exciting flavor combinations mean this is no mere guide to vegetables but a primer on how to make them taste their exciting best."

•Fine Cooking

•"Downright thrilling. . . . Divided into six seasons rather than the traditional four" •a more accurate reflection of what's happening in the fields

•the book encourages readers to embrace what he calls "the joyful ride of eating with the seasons. . . ."

On page after page, McFadden presents a deliciously enlightening way of cooking with vegetables.

•Sunset

•"This cookbook might put meat out of business. It's that good. . . . A rare source of new ideas about vegetables. McFadden's forward-looking sensibility infuses every recipe."

•Portland Monthly

•"Brilliant."

•Food52

•"A must-have cookbook that stands out from the crowd of vegetable-centric cookbooks. . . . This cookbook deserves to become a well-thumbed, vital addition to any kitchen."

•Publishers Weekly, starred review

•"Essential techniques that can help cooks become better at preparing seasonal and local vegetables. . . . Attractive vegetable recipes range from brightly colored raw and cooked salads to indulgent appetizers, pastas, and baked goods. Under McFadden's tutelage, cooks will learn how to bring out the best in every humble vegetable."

•Library Journal, starred review

•"McFadden's debut cookbook is an invaluable resource for all things veggie."

•Booklist, starred review

•"Visionary. . . . Beautifully produced."

•BookPage

•"Glorious."

•Atlanta Journal-Constitution

•"This is not a cookbook for coffee tables or artfully curated bookshelves! Its recipes demand to be tasted until the pages are dog-eared and sauce-splattered and stick together. Compulsory for the home cook."

•Dan Barber, chef/co-owner of

Blue Hill  $\cdot$  Joshua McFadden has the soul of a farmer, and his recipes are beautifully in tune with the seasons and the land.  $\cdot$  Alice Waters, owner of Chez Panisse  $\cdot$  Joshua [understands] vegetables from the perspective of both a farmer and chef. His mouthwatering and terrific solutions . . . get the most out of vegetables from their beginning to their last act on our plates.  $\cdot$  David Chang, chef/owner of Momofuku  $\cdot$  We always knew Joshua was a vegetable magician, but this is so much more. We learned something new on every page. Six Seasons is a brilliant cookbook.  $\cdot$  Barbara Damrosch and Eliot Coleman, cofounders of Four Season Farm  $\cdot$

Joshua McFadden is executive chef/owner of Portland, Oregon's Ava Gene, which Bon Appétit has named a "Top 10 Best New Restaurant." Before moving to Portland, McFadden helped define the burgeoning Brooklyn food scene when he was chef de cuisine at Franny's; his other restaurant experience includes Momofuku, Blue Hill, and Lupa in New York and the groundbreaking raw food restaurant Roxanne's in Larkspur, California. McFadden also spent time in Rome, cooking at Alice Waters' project in sustainable dining at the American Academy. He kindled his love of soil, seeds, and seasons during two years as farm manager at Maine's Four Season Farm, founded by sustainability pioneers Eliot Coleman and Barbara Damrosch. McFadden's latest restaurant, Tusk, opened in Portland, Oregon in 2016.  $\cdot$

If you are into vegetables, if this title has piqued your interest, (and obviously it has since you are reading the reviews on this product page), then "Six Seasons, a New Way with Vegetables" is a book you must seriously consider. Whether you have your own vegetable gardens or get a weekly CSA box or patronize a thriving farmers' market, you owe it to yourself to pick up a copy of this book. If you would rather eat veggies than meat, you have to have it. I haven't seen such an exciting and creative vegetable-themed cookbook in a long time. Besides dealing with the vegetables themselves, Joshua McFadden has loaded this book with wonderful vinaigrettes, sauces, and butters. He makes valuable and experienced recommendations of his favorite flavor enhancers, too. I am so enamored of this book that it sits on the edge of my ottoman where I prop my feet up, and I re-read some part of it daily: It is that time of the year when veggies really come into their own--exciting and varied and so obviously fresh--that I can't get enough of them. It is so, so satisfying and rewarding to have so many terrific recipes to refer to for the vegetables and herbs and greens that I have at hand, in hand. We do get a CSA half-bushel box each Wednesday, and I

always have an assortment of fresh vegetables in our refrigerator bins, with overflow in a cooler on our porch. I also have a thriving herb garden, and a small raised garden of leafy greens. Plus my tomatoes are ripening, and sweet corn is ready in my area. (The corn recipes in this book are great!) So, this cookbook is right up my alley, and it came available at the perfect time. And, get this: He encourages us to eat our green salads with our hands. Tried it and loved it and will continue to eat salads with my fingers from here on out. He does an excellent job of training the reader to season properly. He salts, peppers, and dashes vinegars on his fresh greens, then tastes and adjusts. Then he adds olive oil for richness and mellowness. The technique works well for me. McFadden has a technique that I find invaluable: Dry-grill veggies. After many years of trying, I had finally discontinued grilling vegetables. Period. Didn't like the taste of most veggies on the grill. McFadden claims that off-flavor is the oil in the marinade or simply the oil that one uses to "grease" whatever vegetables get put on the grill. Solution? Don't oil them, put them on the grill without adornment, and dress them after you take them off the grate. Simply amazing how well this technique works. He also is a fan of refrigerator pickles. I am too, and I am always searching for and buying cookbooks that contain new ideas for frig pickles. There are two charts for frig pickles--listing vegetables along with appropriate seasonings to go into a basic brine. There is a longer list of vegetables that go into a cold brine, a short list suited for a hot brine. I like that he incorporated grains into his veggie dishes, too. And the idea of six seasons? It's about time we acknowledge them. Those of us who garden vegetables know in the back of our minds that there are many differences between early and late summer. Those of us down South, (I grow in south-central Texas), can even call out Early Spring and Late Spring, and Early Fall and Late Fall, rather than the three Summer seasons that are called out in this book. But it is good to acknowledge them all: For me, acknowledgement spurs me to plant earlier and more. Recipes in this book are arranged by season, then alphabetically by main vegetable. There are line drawings in addition to full-color photos of the veggies themselves, how-to photos and finished dishes. The pages are a nice, heavy stock, and the book is a hardback. My favorite recipe at this point is a fairly simple one: Grilled Carrots, Steak, and Red Onion with Spicy Fish-Sauce Sauce. I could make it all grilling season long. And I don't need the steak. And I can make it with summer squash, too, but the carrots and onions is a must. And the Spicy Fish-Sauce Sauce comes together in a few minutes of prep work. (I use Red Boat fish sauce as McFadden recommends). The sliced Hakurei turnips with herbs, yogurt and poppy seeds is almost too awesome looking to eat--but we did, and can't wait until those turnips come back into season. How much do I love this book? I am a reviewer of cookbooks. It's one of my hobbies. And I first received this one as a temporary download from the publisher. I worked with the recipes for

quite a while before this book was published a few weeks ago. But, as you can see from the "Verified Purchase" tag at the top of this review, I had to have my own copy. And, now that it is in my hot hands, I can say that it's even better than it was in its preliminary form.

I've been making my way through this cookbook and it's perfect. I picked up the book because I've been looking to reduce meat intake but needed a better and larger collection vegetable-based recipes. My big concern prior to buying was that I live in Norway and I was afraid that I would not find most of the ingredients. I was pleasantly surprised that most of the recipes are extremely simple and use pretty standard ingredients, which can be found even in a relatively barren place like Norway. The genius of the book is in its simplicity and the brilliant flavor combinations. I am no better than a half-decent home cook and I have yet to find a recipe that is too complicated. Many of the recipes are so simple and tasty that I have already found myself repeating them when I need a quick meal. I might be violating the spirit of the book by trying to use it for a climate that is radically different from McFadden's -- there are ingredients that I can't possibly get fresh and local here -- but the recipes are still great. I also preferentially choose the recipes where the ingredients are in season here, which might be delayed by a fraction of a season compared to the book's, and that works well. Overall, I highly recommend this to all home cooks.

This is an outstanding cookbook, following the seasons, but with summer having three because that is when most of the fresh foods get ripe. Wonderful recipes for every season. I have tried several already and they were excellent. This book will be used often.

I am a huge fan of Joshua's restaurant, Ava Genes in Portland. I was super excited to hear he had a cookbook coming out, as I live in NYC and cannot eat his amazing food whenever I want. Thanks to this book, now I can. Highly love this book and have been raving out his recipes for days now. My mouth is just watering thinking about them. Get this book!

Got this book and read it cover-to-cover almost immediately. It is written beautifully and the recipes look amazing. I love how the author talks about his ingredients and when to know the EXACT moment to pick them for each recipe. I recommend this cookbook to EVERYBODY! Whether you already love veggies or are trying to like them more, this book is for you!

I am so happy that I bought this cookbook even though I had sworn off cookbooks. This one is very

pretty and he's got some new-to-me ideas like pickled cherries! I've got some going in my fridge right now, along with radishes and cucumbers. Last night I made his Chinese beef and broccoli. So good! I'm looking forward to using the heck out of this book.

Love this cookbook, the recipes are awesome!!

I love this book! It has a beautiful layout, gorgeous photography, is practical, and inspiring. I gave this to my husband for his birthday and we are looking forward to organizing our pantry and expanding our staples.

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