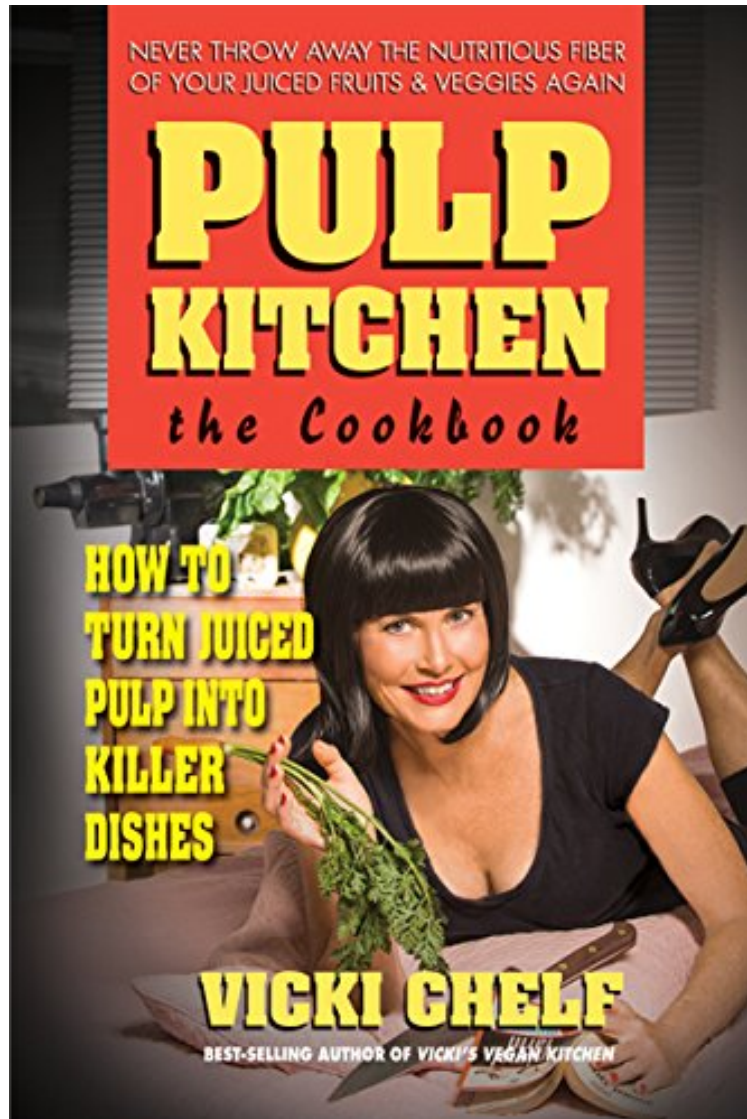


[Library ebook] Pulp Kitchen: The Cookbook: How to Turn Juiced Pulp into Inspired Dishes

Pulp Kitchen: The Cookbook: How to Turn Juiced Pulp into Inspired Dishes

Vicki Chelf

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#1841567 in Books Chelf Vicki 2016-03-22Original language:EnglishPDF # 1 9.00 x .90 x 7.50l, .0 #File Name: 0757003966144 pagesPulp Kitchen The Cookbook How to Turn Juiced Pulp Into Inspired Dishes | File size: 34.Mb

Vicki Chelf : Pulp Kitchen: The Cookbook: How to Turn Juiced Pulp into Inspired Dishes before purchasing it in order to gage whether or not it would be worth my time, and all praised Pulp Kitchen: The Cookbook: How to Turn Juiced Pulp into Inspired Dishes:

0 of 0 people found the following review helpful. I have the opportunity to know the TALENTED Chef, ...By Lesley

J. Melahn I have the opportunity to know the TALENTED Chef, Vicki Chelf, and I've sampled her delicious recipes. This book is a MUST HAVE of 0 people found the following review helpful. Sure to be another best seller from Vicki Chelf By Jeffrey C. Anglin This cookbook follows in the tradition of the author's previous six cookbooks: studiously researched, creatively nutritious and artfully presented. This time, she has created healthy and innovative ways to use the pulp from your juicer. Sure to be another best seller from Vicki Chelf!

If you've been throwing away the pulp after juicing, you've been missing a valuable piece of the nutritional puzzle. Did you know that pulp has amazing health benefits? And that it can be used to add both flavor and texture to a wealth of your favorite dishes? Vicki Chelf, noted natural foods chef, cooking instructor, and best-selling author, shows you how in her new book, *Pulp Kitchen*. The book opens with an informative chapter on the many potentials of pulp, including its nutritional profile as a rich source of fiber, vitamins, minerals, and beneficial antioxidants. In this chapter opener, Vicki also provides helpful preparation and storage guidelines, as well as a handy chart that lists various types of produce along with the amount of pulp and juice they yield. What follows next are dozens of easy-to-follow recipes that highlight the goodness of pulp in a wide variety of delectable dishes: breakfast porridge and pancakes; soups and salads; meatless burgers, loaves, and pacirc;teacute;s; breads; muffins; cookies; pies; and much, much more. So if you are looking to make the most out of the pulp from juiced fruits and vegetables, look no further. Let *Pulp Kitchen* show you how this often overlooked ingredient can add texture, flavor, and a nutritional punch to your favorite dishes.

"Chelf (Vicki's *Vegan Kitchen*), an avid vegan hell-bent on not wasting an iota of nutrition or fiber, makes a solid and imaginative case for finding a litany of additional uses for the by-product of juicing?all that pulp?in this helpful collection . . . Chelf does an admirable job of including recipes for the pulps readers are most likely to have on hand . . . [h]er dishes are approachable, tasty, and practical, and they're also easily sourced, a nice benefit of adding pulp instead of other binders or flavor agents to vegan dishes . . . [*Pulp Kitchen* is] a helpful collection of everyday recipes that juicers of all stripes will likely find handy."nbsp; (Publishers Weekly)"[Author Vicki] Chelf comes to the rescue with all manner of recipes to render what might appear inedible and useless into perfectly good foods."nbsp; (Booklist) About the Author Vicki Chelf is an experienced natural foods cooking instructor, an accomplished artist, and an internationally recognized food writer. She has also served as head chef at a top natural foods restaurant. Ms. Chelf has written six cookbooks, including *The Arrowhead Mills Cookbook* and *Cooking for Life*. Excerpt. copy; Reprinted by permission. All rights reserved. What can be done with pulp? Quite a bit, actually. It can be added to breads, cookies, muffins, cereals, veggie burgers, loaves, pacirc;teacute;s, pancakes, porridges, pies, salads, soups, and all sorts of other wonderful dishes. In this book you will find dozens of kitchen-tested recipes that incorporate juicing pulp. But is there any nutritional value left in pulp after it has been through the juicer? Pulp is certainly a good source of fiber, but what else does it offer? The fact is that there are a number of studies that show pulp has nutritional value, proving that this byproduct is worth saving. It can contain minerals and antioxidants that actually enrich meals when added to recipes. I know how busy we all are. If anyone is going to use pulp in recipes, doing so better be easy. In light of this fact, Chapter 1 includes a chart that details how much produce is needed to create specific amounts of pulp, and also discusses how to save pulp for later use. It provides tips on how best to utilize the pulp and juice of certain vegetables and fruits, and describes the different types of juicers available for purchase, listing their benefits and disadvantages. All the information is designed to make the recipes in this book quick and easy to accomplish. Chapter 2 dives right into the recipes themselves, offering numerous breakfast ideas that incorporate the goodness of pulp. For some reason I am always inspired to use pulp at breakfast. Perhaps it's from seeing too many commercials for high-fiber cereals when I was a kid, but pulp is great in the first meal of the day, which you will soon discover. You may begin to crave some of these breakfast recipes, such as Peaches and Cream Summer Muesli (page 00), at other times of day, which is fine, as everything in this book is so healthful. Like breakfast foods, baked goods are another fun way to take advantage of pulp. Chapter 3 is all about using pulp in baking. As you might expect, these goods tend to include wheat flour as well. Despite the bad reputation wheat has gotten in recent years, I personally don't have a problem with using wheat flour. I believe it is an excellent food for most individuals. I understand, of course, that there are a lot of people who would prefer gluten-free recipes, so you will find a few such options here. Chapter 4 includes a number of soups, salads, and dressings. These recipes were more challenging to come up with, but the ones that made it in the book are those I liked enough to want to serve a second time. Truly, there are no recipes in this book that I don't consider special, and nothing was invented just as a way to use pulp. Every dish is a delicious meal that uses pulp to its advantage, not as a gimmick. In Chapter 5 you will find recipes for delicious sauces, spreads, and dips. Pulp can be a wonderful base for chutneys and salsa when spiced just right. Pulp can also be made into delectable vegan spreads and pacirc;teacute;s that may be enjoyed on bread or crackers, or as a dip for raw veggies. Pulp and main dishes go together like beans and rice, or cornbread and greens. Therefore, creating simple and tasty recipes for pulpy main meals was easy. Even my picky friend, who had been very skeptical about eating pulp, told me I should have made more Faux Salmon Burgers (page 00) for a get-together we were attending. She wanted seconds!

In Chapter 6 you will find main dishes that are satisfying, delicious, and, for my vegan readers, made without animal products. When thinking about ways to use pulp in desserts, carrot cake is typically the first thought that comes to mind, but the array of marvelous desserts that can be made with pulp only starts there. Chapter 7 contains dessert recipes that benefit from the addition of pulp and lack of refined flours and sugar. I believe that even desserts should be healthful. If you juice, then clearly you care about your health. If you are a healthful person, then you likely care about the health of the people for whom you cook. The recipes in this book were created without animal products or highly processed ingredients in order to make sure what you cook is as nutritious as it can be. You don't have to be a vegan to enjoy the dishes in this book, though. These dishes are simply a great way to optimize your diet with some highly nutritious vegan food. I am so happy to have expanded my culinary repertoire with these recipes. They have made my diet healthier than ever. I have a feeling that when you try these meals, you will feel the same way.