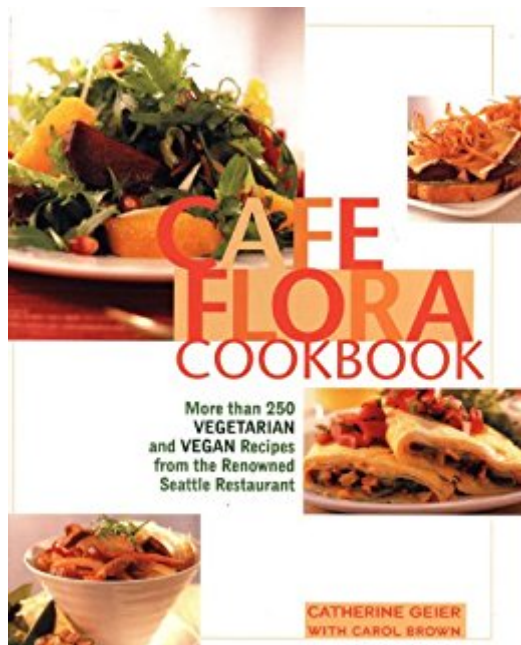


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# Cafe Flora Cookbook



## Synopsis

For more than a decade, Seattle's award-winning Cafe Flora has been serving up ingenious vegetarian and vegan dishes, which have become so popular that even meat lovers long for the taste of their Portobello Wellington or Oaxaca Tacos. Their modern, sophisticated approach to vegetarian cooking is inspired by international culinary traditions and informed by a decade of chefs working toward a goal of common good and uncommonly good food. For the enterprising home cook, the chefs at Cafe Flora are the perfect guides for an incomparable culinary adventure. Their dedication to discovery has led them to develop unique ways to transform classic favorite recipes into meat-free dishes, often with greater flair than the original. And now they are sharing their flavor-enhancing tricks and preparation techniques that make every dish at Cafe Flora memorable. From beverages and brunch dishes to appetizers and main courses to sides, salads, and condiments, the 250 original recipes are given with easy-to-follow, detailed instructions, to save time cooking and cleaning up. Along with serving and presentation suggestions, substitutions where appropriate, and a host of other culinary tips and advice, The Cafe Flora Cookbook embodies the true genius of this inventive restaurant.

## Book Information

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## Customer Reviews

What I like about this cook book is that recipes are truly delicious. The end product is always amazingly flavorful. If I were basing this review only on how delicious the meals were, I'd give this book 5 stars. The problem for me is how complicated some of the recipes are. Take, for instance, the Spicy Tofu Ruben. It is delicious. I could have it several times a week. But the directions for the recipe span 3 pages. The first time I started this recipe, it took about 4 hours to complete. There is pressing the tofu, marinating the tofu, baking the tofu. There is roasting of squash and onions. And there is smoking of mushrooms, with instructions on making your own smoker. There is toasting the bread in the oven and then baking the sandwich. It was incredibly time consuming. I wanted a quick, delicious sandwich, and lost an entire afternoon. Also, the book sometimes has ingredients that are actually recipes in a different place in the book. This is frustrating, because you now have to go to another page, get another set of ingredients out and begin a whole new recipe to complete the meal you're in the middle of. After the first time I made the Tofu Ruben, I did not open the book again for months. But, since the food is so delicious, and my hubby kept asking if we could have that delicious sandwich again, so I decided to have another go and see if I could make things easier, which broke down to two important steps: Reading the recipes all the way through, and cheating the ingredients. For example, the smoked mushrooms? I tossed some liquid smoke onto some mushrooms as I was sauteing them. Voila! The pressed, marinated, baked tofu? I bought the little tofu squares that were already baked and marinated, put the marinade on them and put it in the oven at the same time that I was roasting the vegetables. This is basically twice baking the tofu, but I actually found that this worked better than starting from the plain block of soy curd. The second time I made this recipe, it took about an hour, prep time included. I read the multiple small recipes to complete the sandwich all the way through, so I did not have to get the garlic out three separate times to chop it. I cut the prep and cook time down to 1 hour, which was much better. Definitely get this book - you will learn so much about flavor profiles and you will make some great food! Just don't allow yourself to get overwhelmed, like I did. Read the recipes through, and modify them if needed to suit your time table and the ingredients you have on hand. You will still make great food.

The Cafe Flora Cookbook is different than other vegetarian cookbooks, in my opinion, in that these are the recipes you want to go to when you are entertaining. To put this in perspective - the

Moosewood Cookbooks, for example, are for delicious home cooking that are great for casual get togethers, weeknight dinners, and family meals. The Cafe Flora Cookbook is what you want to refer to when you are having a dinner party that includes vegetarians and meat eaters. The dishes are all absolutely delicious and look wonderful. These are restaurant-quality dishes (they are from the Cafe Flora restaurant), obviously. Some of the recipes are pretty time consuming, but it's worth it to know you will end up with something that everyone will love and you can prepare many things ahead of time. There are also many vegan and wheat-free recipes, which are always good to have when trying to satisfy a crowd. The cookbook starts with a great appetizer section, and then moves on to salads/soups, and then entrees. They also have a section on other things like sauces and pantry items. The dressings and sauces are excellent. When you are planning for a holiday like Thanksgiving or Christmas, take some recipes from this book! Again, every single thing I have made from this cookbook has been outstanding. It's my favorite cookbook for guest-worthy vegetarian food, and I must have at least 50 other vegetarian cookbooks. I would be lost without this one. I was lucky enough to receive this as a gift. After making some of the recipes, I bought copies for all of my friends (vegetarian and not!). Highly highly recommended.

After visiting the Cafe Flora restaurant I was hooked! I bought this cookbook and absolutely everything I have made from it has been fantastic. I often times will just go ahead and make a recipe for the first time out of this book when I am planning to serve guests (which can be dangerous depending on the cookbook!) and I have had nothing but rave reviews. I have given the cookbook as a gift to several people. I love the way it gives you the ability to make gourmet vegetarian food even if you are inexperienced. It doesn't assume that you know what all of the less common ingredients are or how to do some of the more advanced techniques. It fully explains each step and even gives you tips on timing and making parts of the meal ahead of time. It even has a glossary and sources to buy some of the ingredients called for in the back! Highly recommend this!

A book worth looking into. A Seattle favorite restaurant. I wish they would put out another cookbook soon, although this one is a classic.

I bought this cookbook about a year ago. It took me a little while to warm up to it. The recipes are...involved. But, they are amazing. The directions are very clear and very concise. I have been a vegetarian only about 5 years. The one thing I noticed when switching was a lack of depth of flavor. The Portobello Wellingtons recipe was one of the first recipes I tried, not for the faint of heart. This is

one complex recipe but the authors break it down into clear steps with tips on what can be done a day, or more ahead. The result? Awesome. Non-vegetarians I served it to thought it was great. This book is not for the quick meal but for when you really want to cook amazing food.

Dull.

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