



Root-to-Stalk Cooking: The Art of Using the Whole Vegetable

Tara Duggan

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A cookbook featuring more than 65 recipes that make use of the parts of vegetables that typically get thrown away, including stalks, tops, ribs, fronds, and stems, with creative tips for making the most of seasonal ingredients to stretch the kitchen dollar.

Make the Most of Your Produce!

Don't discard those carrot tops, broccoli stalks, potato peels, and pea pods. The secret that creative restaurant chefs and thrifty great-grandmothers share is that these, and other common kitchen scraps, are both edible and wonderfully flavorful.

Root-to-Stalk Cooking provides savvy cooks with the inspiration, tips, and techniques to transform trimmings into delicious meals. Corn husks and cobs make for rich Corn-Pancetta Puddings in Corn Husk Baskets, watermelon rinds shine in a crisp and refreshing Thai Watermelon Salad, and velvety green leek tops star in Leek Greens Stir Fry with Salty Pork.

Featuring sixty-five recipes that celebrate the whole vegetable, *Root-to-Stalk Cooking* helps you get the most out of your seasonal ingredients. By using husks, roots, skins, cores, stems, seeds, and rinds to their full potential, you'll discover a whole new world of flavors while reducing waste and saving money.

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