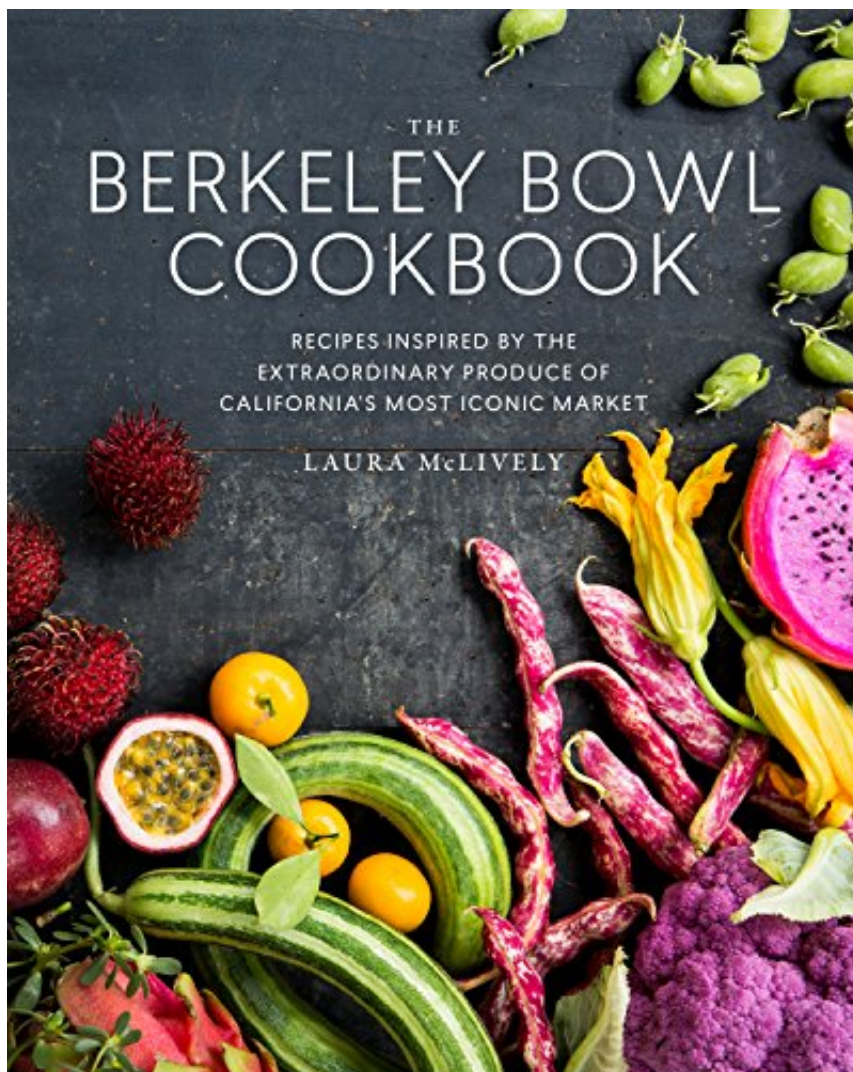


The book was found

The Berkeley Bowl Cookbook: Recipes Inspired by the Extraordinary Produce of California's Most Iconic Market

by
Chloe Tucker



DOWNLOAD E-BOOK

Synopsis

Celebrating the unfamiliar yet extraordinary produce from California's most iconic market, Berkeley Bowl, this cookbook offers recipes for a panoply of fruits and vegetables that have been largely overlooked or forgotten in popular cuisine. Registered dietician Laura McLively, an avid home cook and creator of the popular blog MyBerkeleyBowl, created a recipe for every unfamiliar or "exotic" fruit and vegetable she found at Berkeley Bowl. Here is a collection of her favorite discoveries, and a tribute to the remarkable, 40-year-old family-run market that inspired them. Shining a spotlight on the versatile and unique qualities of the astonishingly beautiful, plant-based bounty that's available to vegetarians and meat eaters alike, these recipes and photographs will help you embrace hundreds of exciting fruits and vegetables you may never have tasted or thought of cooking, including crunchy sea bean spindles, tubers bigger than a toddler, wiry haired rambutans, and wrinkly skinned Indian bitter melon. Eating more types and colors of plants exposes us to a wider variety of nutrients, antioxidants, and beneficial bacteria. Berkeley Bowl is a mecca for great chefs, and with the recipes in this cookbook, you'll see why. Even if you don't live near Berkeley Bowl, getting your hands on these ingredients can be a fun and rewarding experience in its own right, and cooking with them will make your meals explode with flavors, textures, and new culinary adventures for all your senses. Partial list of recipes: Green Garlic Soup with Lemon Cardamom Yogurt Sweet & Sour Tofu with Gooseberry Charred Nopal and Black-eyed Pea Chili Corn and Chive Stuffed Squash Blossoms Pepino Melon Poke Stuffed Indian Eggplant Morel Pot Pie Starfruit Almond Torte

From TI 9781941529966 HC.

Look inside the book

Parallax Press P.O. Box 7355 Berkeley, California 94707 Parallax Press is the publishing division of Plum Village Community of Engaged Buddhism, Inc. Copyright © 2018 by Laura McLively Photographs © 2018 Erin Scott Food styling by Lillian Kang Cover and text design by Debbie Berne Library of Congress Cataloging-in-Publication Data is available upon request. v5.2a To Mom for teaching me how to cook and how to love Contents Cover Title Page Copyright Dedication Introduction The Berkeley Bowl Story Kitchen Notes LEAVES GAI LAN Catalan-Style Gai Lan with Raisins and Pine Nuts SORREL Lemon Sorrel Butter CHRYSANTHEMUM GREENS Chrysanthemum Greens and Turnip Fried Rice EPAZOTE Corn Tortillas with Epazote Leaf TREVISO Treviso Spring Rolls with Black Tahini STINGING NETTLE Stinging Nettle Filo Bites PEA SHOOT Breakfast Pea Shoots and Polenta OPAL BASIL Matcha Mousse with Opal Basil Syrup MIZUNA Grilled Cheese with Mizuna, Dates, and Goat Brie RAU RAM Summer Salad with Rau Ram Chimichurri TAIWANESE SPINACH Beans and Greens SALAD SAVOY Toasted Salad Savoy with Pears and Goat Cheese CHINESE CABBAGE Spanish-Style Chinese Cabbage on Manchego Toast SHISO Shiso Limeade FLOWERS, SEEDS, AND PODS ROMANESCO Romanesco Slaw with Chili-Lime Pepitas PURPLE OKRA Purple Okra Pickles TAMARIND Tangy Tamarind Mustard FRESH CHICKPEA Spring Chickpea Tabbouleh SQUASH BLOSSOMS Sweet Corn and Chive-Stuffed Squash Blossoms BANANA BLOSSOM Banana Blossom with Glass Noodles and Crispy Garlic SNAKE BEANS Mokey Snake Beans PURPLE CAULIFLOWER Purple Cauliflower Quesadillas with Curry Crema CRANBERRY BEAN Three Sisters Succotash with Crispy Sage CHESTNUT Roasted Chestnut Chocolate Torte SPORES AND SUCCULENTS SEA BEAN Sea Bean and Soba Salad WOOD EAR MUSHROOM Wood Ear and Israeli Couscous Consommé NOPAL Charred Cactus and Black-Eyed Pea Chili HEDGEHOG MUSHROOM Hedgehog Mushroom Toast MOREL MUSHROOM Morel Pot Pies with Asparagus and Peas ABALONE MUSHROOM Abalone Mushroom Schnitzel ALOE VERA Aloe Vera Mango Ceviche PURSLANE Purslane with Chilled Melon and Feta MATSUTAKE MUSHROOM Matsutake Miso Soup FIDDLEHEAD Fiddlehead Tempura with Sriracha Crème Fraîche ALBA PIOPPINI Meyer Lemon–Marinated Pioppini and Frisée Salad STEMS LONG CHOY SUM Tortilla China B C HÀ Garlic Soup with Bìc Hà YELLOW GARLIC CHIVE Nori Packets with Yellow Garlic Chives CARDOON Moroccan Cardoon Stew RHUBARB Vanilla Rhubarb Jam WHITE ASPARAGUS White Asparagus with Preserved Lemon RAMPRamped-Up Mushrooms GREEN GARLIC Green Garlic Soup with Lemon Cardamom Yogurt LEMONGRASS Lemongrass Coconut Ice Cream KOHLRABI Kohlrabi Ramen ROOTS AND TUBERS PURPLE POTATO Purple Potato Galette with Tarragon DAIKON Savory Daikon Pancakes with Ginger Maple Syrup MALANGA Malanga Masala Latkes SATSUMA SWEET POTATO Chipotle-Roasted Satsuma Tacos with Cilantro Yogurt GOLDEN BEET Golden Beet Tamales with Red Pepper Sauce WATER CHESTNUT Greek Spaghetti with Water Chestnuts WATERMELON RADISH Watermelon Radish and Pineapple Carpaccio BURDOCK ROOT Burdock Root Pizza JICAMA Forbidden Rice Bowls with Stir-Fried Jicama HORSERADISH Port Roast with Horseradish Crisp SALSIFY Creamy Salsify Soup with Salsify Chips LOTUS ROOT Spiced Lotus Chips PARSLEY ROOT Curry-Roasted Parsley Root with Feta-Yogurt Sauce SUNCHOKES Sunchoke Farro with Roasted Apricots CELERIAC Celery Ravioli with Celery Leaves and Lemon Oil YUCA Buñuelos de Yuca SAVORY FRUITSMOQUA Moqua Pisto with Fried Egg ANAHEIM CHILE Anaheim Chile and Corn Chowder WINTER MELON Tom Yum Soup with Winter Melon PLANTAIN Thai-Style White Curry

with PlantainMILPERORoasted Milpero Salsa VerdeBLUE HOKKAIDO SQUASHSpiced Rice with Blue HokkaidoARMENIAN CUCUMBERFalafel Waffles with Armenian Cucumber SlawINDIAN EGGPLANTStuffed Mini EggplantsSINGUASingua Paneer CurryINDIAN BITTER MELONIndian Bitter Melon TonicCHAYOTEChayote PozoleCHERRY BOMB PEPPERStuffed Cherry Bomb PeppersGREEN PAPAYAGreen Papaya GazpachoCARNIVAL SQUASHCarnival Spice CakeSWEET FRUITSREDCURRANTRedcurrant Almond ClafoutisPOMELOBroiled Pomelo with Cinnamon Crème FraîcheFUYU PERSIMMONPersimmon Gingersnap SmoothieMANGOSTEEN, LONGAN, KIWI BERRY, AND FRAGRANT PEARNot Your Run-of-the-Mill Fruit-and-Cheese PlatePEPINO MELONPepino Melon PokeSOUR CHERRYSour Cherry Rosemary Corn MuffinsRAMBUTANWhite Chocolate RambutanGUAVAGuava with Cotija and HoneyPAPAYAPapaya Canahua Breakfast BoatsBUDDHA'S HANDBuddha's Hand SconesCHERIMOYACHerimoya Panna CottaAFRICAN HORNED MELONKiwano CoolerBLOOD ORANGEBraised Leeks with Blood OrangesCAPE GOOSEBERRYGooseberry Sweet-and-Sour TofuDRAGON FRUITDragon Fruit and Lime Curd TartSOUR PLUMSour Plum SalsaQUINCEMoscato-Poached QuincePASSIONFRUITPassionfruit ZabaglioneKUMQUATPickled KumquatsSTARFRUITStarfruit Almond TortePRICKLY PEARPrickly Pear SorbetSeasonal MenusIngredient KeyAcknowledgmentsIndexAbout the AuthorIntroductionI remember the first time I saw an African horned melon at Berkeley Bowl. I was steering my overloaded shopping cart around the bend of the citrus aisle when it caught my eye: a spiky, neon-orange hand grenade straight out of a science fiction movie. On top of the pile, one was cut in half to display its even more scandalous interior of lime-green slime. Cautiously taking a whiff, I was surprised by its cucumber-like scent. I was intrigued but couldn't imagine what one would do with such a thing. It wasn't until a decade later that I actually took one home to try. It tasted extraordinary: a tangy burst with hints of melon and banana.Hundreds of unusual fruits and vegetables at Berkeley Bowl, like the African horned melon, had remained in my "no try zone" for too long. Like many cooks, I had gravitated toward familiar ingredients. Growing up in California with a mother from Spain and a father of Greek descent, I cooked dishes rooted in the Mediterranean and Latin traditions of my childhood. However, after dabbling with the horned melon, I became determined to expand my culinary horizons. After all, foods unfamiliar to me are as much a part of someone else's everyday diet as tomatoes are in my family.During my next shopping trip, I stood among wiry-haired rambutans and tubers taller than a toddler, in one of the most extensive produce sections in the country, and made a personal commitment—a quest of sorts—to try every unfamiliar fruit and vegetable from Berkeley Bowl and to create a recipe honoring each of their unique qualities.This was the start of my journey as a food explorer, and in the spring of 2014, I started the blog My Berkeley Bowl to chronicle this adventure. I embraced the successes—and mishaps—of cooking with foods I had never tasted before. Despite a few nettle stings and cactus spine impalements, each of the mysterious fruits and vegetables in this book deserves the culinary spotlight. I stirred the lime-green juice of the African horned melon into a fizzy gin cocktail. I dipped wily rambutans into pools of white chocolate and tackled the three-foot-long burdock root until I found my new favorite pizza topping.The Berkeley Bowl Cookbook is a collection of my favorite discoveries from this adventure and a tribute to the family-run market where my quest was born. I drew inspiration for these plant-based recipes from the dishes of my childhood, travels, and imagination, as well as from the experience of living in one of the most culturally diverse areas in the nation. While I want you to enjoy them, I also hope this book opens the door for you to use these extraordinary fruits and vegetables in your own go-to dishes and way of eating.You don't need to live in Berkeley to get your hands on these

ingredients. Latin American, Asian, and specialty groceries, as well as farmers' markets all over the country, stock these items in abundance. Sourcing this unusual produce is part of the adventure, so seek out ethnic food purveyors and chat with local growers at your weekend farmers' market. Perhaps you're thinking about planting some new varieties in your vegetable garden, or maybe you subscribe to a community supported agriculture (CSA) box and keep getting things you don't know how to prepare. Whatever your reason for picking up this book, my hope is that it helps deepen your appreciation for the many treasures the world gifts to us in its seeds, fruits, flowers, and roots. Thank you for joining me on this food adventure.

The Berkeley Bowl Story

It's a typical September afternoon at Berkeley Bowl, and the produce section is buzzing. Twelve hundred varieties of fruits and vegetables stretch out in a sea of color. Customers dodge each other's shopping carts that glow green like gardens on wheels, sprouting with leafy pea shoots and Taiwanese spinach. Shoppers block the aisles as they stoop to pick through bins of wine-colored cherries from local farms. A college student furrows his brow at the shiny eggplants stacked three rows high, with names like albino and graffiti. A gray-haired woman wrangles a thorny bunch of cardoons that refuse to fit in the dangling scale. Intrepid shoppers brave the crowds and chaos because, here, you can find anything. But most shoppers are here for the mother lode: eight towering tons of tomatoes at their peak. Swarms descend on the bins of fiery reds, oranges, and yellows of late summer's treasures: Roma, Sugar Plum, Sun Gold, Early Girl, and dozens of heirloom varieties such as crimson- and green-striped Zebra tomatoes and the heavy, juice-laden Pineapple tomatoes. Only a few weeks of the season remain, but customers will find consolation as fall ushers in its own delights: piles of pears and apples compete for space with speckled pumpkins and wart-covered squash, while exotic fungi with pine needles still clinging to their gills file into a forty-foot display. Such is the bounty of this produce mecca that attracts humble home cooks and world-famous chefs alike. Food journalist Mark Bittman has called it the "ultimate grocery store," while Yotam Ottolenghi, inspired by his visit to the "epic Berkeley Bowl Market," created a multicolored cauliflower dish for his cookbook, *NOPI*. It was even the setting for the first season of *Top Chef*, with contestants crossing the San Francisco Bay to spend a heart-racing thirty minutes gathering the ingredients they believed would take them to the top. It's hard to imagine that this world-renowned market began as a small, family-run grocery in a former bowling alley. The founders and owners, Glenn and Diane Yasuda, opened the original location back in 1977 because they lived just behind it, a circumstance that reminded them of the family-owned shops of their former residence in Japan. Glenn hails from a family of Southern California farmers and Diane from a family of grocers, so this venture was a natural choice. Diane was pregnant with their son Gen at the grand opening, and forty years later, all three continue to run the family business.²

Founders and Owners, Glenn and Diane Yasuda, at the original store in 1977

How did this mom-and-pop produce shop become what the *Los Angeles Times* has called "one of the nation's most renowned retailers of exotic fruits and vegetables"? Ironically, it's the very smallness of the Berkeley Bowl family business that has propelled it to big-shot status in the produce world. While large grocery franchises purchase enormous quantities of (mostly unripe) produce that make a long, bumpy journey from centralized warehouses, Glenn often buys from small farmers, working directly with sellers and growers to source items at their peak. When he chooses a juicy, ripe strawberry in the morning, he knows what it will taste like to his customers later that day. Every day since 1977, Glenn has arisen in the darkness, bundled up in the cold morning fog, and climbed into his car in search of the best fruits and vegetables he can find. At 2:30 a.m., he heads west across the Bay Bridge to a wholesaler in South San Francisco, making his way back east to Oakland's Jack London

Square market by sunrise. He ducks in and out of each warehouse, greeting workers by name and taking the time to sample orange sections, snap green beans, and smell melons before placing his order. Even now, in his eighties, Glenn continues to run this circuit himself, insisting “it’s important for the sellers to see me, to keep that relationship going.”² The produce aisles of Berkeley Bowl in 1977

In addition to Glenn’s daily dawn pilgrimages, Berkeley Bowl sources much of its produce directly from growers. Organic produce manager Nick Christopher, who started as a dishwasher in the Berkeley Bowl kitchen twenty years ago, regularly visits thirty or so small farms throughout northern California to learn how the soil, weather, and farming practices affect the quality of the produce. An ambassador of Glenn’s emphasis on relationships, Nick sees the direct benefits when, for instance, farmers ask him what they should plant. By prompting growers to cultivate items such as mizuna, dinosaur kale, and Buddha’s hand, Nick helps Berkeley Bowl keep up with customer demand and ensure farmers a market for these niche products.

In 1987, David “Mas” Masumoto of Masumoto Family Farm in central California was on the verge of bulldozing his Suncrest peach trees, planted two decades earlier by his father, because demand had plummeted. This juicy heirloom variety was prized for its perfect peachy flavor, but because it bruised easily, produce brokers favored more commercially viable varieties that could travel long distances and last for weeks on shelves. In a last-ditch effort to save his family heirloom, Mas published an article that summer in the Los Angeles Times, “Epitaph for a Peach.” He wrote, “A bulldozer will crawl in, rip each tree from the earth and toss it aside; the sounds of cracking limbs and splitting trunks will echo through my fields...No one wants a peach variety with wonderful taste.” Fortunately, Glenn Yasuda did. He started purchasing the juicy, flavorful, easily bruised peach directly from Mas, who has credited Berkeley Bowl as one of the forces that saved his farm.² Berkeley Bowl soon outgrew its original location

In a former bowling alley on Shattuck Avenue

With the motto of “If we can find it, we’ll buy it,” there’s nothing too obscure for Berkeley Bowl, although Glenn and Diane concede they don’t always know what people do with spongy stalks of bịch hà, nopal cactus paddles that brandish sharp spines, or taro leaves the size of elephant ears. From the beginning, they’ve been committed to stocking whatever produce meets the demands of their incredibly diverse customer base (more than 112 languages are spoken in Berkeley, according to US census data). Sometimes this means offering unfamiliar items long before they’ve caught on in the culinary world, such as the “exotic” cilantro, which three decades ago, Glenn couldn’t sell a case of in a week. But Berkeley’s international, culinarily curious community “will try anything,” Glenn says, so it pays to be a step ahead.

Berkeley Bowl offers foods long before most other stores sell them and even before many consumers know they want them. While Glenn and Diane are certainly in tune with food trends and customer demand, they don’t have an agenda beyond simply providing a service to the customer. Nick Christopher, however, recognizes that the relationship between Berkeley Bowl and overall culinary trends is perhaps symbiotic. He cites the example of galangal, an aromatic root that has slowly earned attention as more customers develop an interest in East Asian cooking. “Someone comes to us long before galangal is popular because they know we’re going to have that specialty thing. Then we may start purchasing more, maybe open up a bigger display or move it to an area with more traffic, and then people might discover it who weren’t even looking for it.”

Whether intentional or not, there’s no doubt that Berkeley Bowl has inspired curious eaters to try a host of extraordinary—if unfamiliar—fruits and vegetables. Many come looking for apples or tomatoes but get swept away by fuchsia-streaked cranberry beans or plump, purple okra. Boundaries of familiarity are broken even among shoppers, as they chat about how to cook this long, skinny burdock root or that banana blossom with its tightly packed petals, some even

exchanging recipes. Despite two locations and more customers than they can handle, Berkeley Bowl has retained its quirky independence. Generation after generation continue to shop at “The Bowl,” as it’s affectionately known by regulars, even while luxury markets pop up all around it. On this September afternoon, a man with graying dreadlocks and a home-sewn shopping bag comes through the sliding doors alongside a family chatting in Spanish, a woman in a hijab, and a grandmother dressed in her Sunday best. They’re all headed for that bin of perfect tomatoes, but chances are they’ll leave with some other unexpected edible treasures. Such is the magic of Berkeley Bowl.² The Yasudas (Glenn, Diane, and their son Gen) continue to run the family business, with two locations and more than 400 employees.

Kitchen Notes While no special knowledge is needed to work with the fruits and vegetables showcased in this book, these pointers will help you navigate the wondrous world of extraordinary produce.

Seasonality Many of the fruits and vegetables in this book have a short window of availability, or are produced in far-off regions during the off-season. While the sidebars at the bottom of each recipe will give you a general idea of seasonality and provide off-season suggested substitutions, you can also learn about availability by asking produce stockers or farmers at your local market. They will know best what’s happening in your region. At Berkeley Bowl, handwritten signs above each item indicate where it was grown so you can decide if you want to buy those redcurrants in winter from Chile or wait until California’s summer harvest.

Safety, Storage, and Selection Some of these fruits and vegetables are prickly, while others must be cooked before consuming. Look to the sidebars at the bottom of each recipe for safe handling information as well as tips on how to select and store unfamiliar items.

Substitutions You can still use these recipes even if you can’t find the featured ingredient. I’ve listed substitutions in the sidebars whenever possible, but feel free to read the flavor/texture notes and swap in something you think works well.

Knives When working with so many fruits and vegetables, it’s crucial to keep your knives sharp. Not only will this give you precise slices, but it will keep you safe and prevent your hands from getting tired. Ask at your local knife store or knife sharpening service about the best tools and techniques for sharpening, as this varies based on the type of knife. It also helps to have a good vegetable knife. My go-to is my nakiri knife—a lightweight Japanese knife with an ultrafine blade and flat edge designed specifically for chopping vegetables. The blade is too fragile for very coarse, dense vegetables like galangal and butternut squash, so I keep a sharp chef’s knife close by for heavy-duty chopping.

Buy Extras If you’re cooking a recipe with a fruit or vegetable you’ve never tried before, consider buying a few extras. It’s nice to be able to taste the new ingredient and learn how it behaves without worrying about not having enough for the actual recipe. Also, if you’ve never selected items like fresh water chestnuts or rambutan, you never know if there may be a “bad egg” in the batch, and you’ll be glad to have a few backups on hand.

Spice Safety The recipes in this book frequently call for spicy peppers and chiles, so it’s important to practice spice safety. Keep a pair of latex or food service gloves handy for handling spicier chiles like Thai chile or habanero. For milder chiles like serrano or jalapeño, a good handwashing with soap and warm water immediately after handling will suffice.

Other Kitchen Equipment Unless you have perfectly precise knife skills, there’s no better tool than a mandoline for uniformly slicing vegetables to a specific width, such as to make chips or slaws. Just be very careful during use, as the super sharp blades don’t distinguish between a carrot and your finger. One of my favorite pieces of kitchen equipment is a microplane. It’s the perfect tool for getting a fine grate from citrus zest, hard cheese, garlic, chocolate, nutmeg, or other hard spices. Finally, if you don’t already have a fine mesh strainer, pick up this handy kitchen tool at a local hardware store, kitchen supply, or flea market. I recommend getting a few different sizes—tiny strainers

are great for dusting desserts with cocoa or powdered sugar, and the larger ones come in handy for draining beans, washing fruits or vegetables, pressing the liquid out of a pulp, or straining a fine puree or stock.

Oil Options Many of the recipes in this book are inspired by the Spanish and Greek dishes of my childhood, and so rely on good, robust olive oil. For the healthiest and tastiest results, choose cold-pressed, extra-virgin olive oil, preferably organic. For sautéing, roasting, or stewing, select an earthy olive oil that can withstand some heat, such as the Hojiblanca varietal. For drizzling on top of raw dishes, I usually opt for a bright, grassy Piccual. Skip the olive oil when cooking or frying at high heat, and instead choose a heat-stable, neutral oil like peanut, sunflower, or coconut oil.

A Word on Salt The quantities for salt I provide in these recipes are meant to be a loose guide, but always taste your dish along the way and adjust the seasoning to your liking. Unless otherwise specified, I cook with a fine-grain sea salt because I prefer its flavor over refined table salt, as well as the feel of the nonuniform grains between my fingers. If substituting table salt, you will likely need to reduce the quantity. If using a coarser salt like Kosher, you will need to increase the quantity. But as always, taste your food and adjust the seasoning to suit your own preference.

Stocking Up Many recipes in this book call for discarding the tops or stems of perfectly good vegetables, such as leeks, green onions, or lemongrass. I encourage you to throw these into a pot to make your own vegetable stock, or stash them in a bag in the freezer until you have enough to simmer up a homemade stock. Many of the dishes call for vegetable broth, by which I mean salted and seasoned vegetable stock. So if you're using homemade stock, make sure to salt and season it until it tastes like a full-flavored vegetable broth before using it in the recipe.

[*Download to continue reading...*](#)

The Berkeley Bowl Cookbook Recipes Inspired by the ocean, The Berkeley Bowl Cookbook Recipes Inspired by the, The Berkeley Bowl Cookbook Recipes Inspired by the enlightenment, The Berkeley Bowl Cookbook Recipes inspired by, The Berkeley Bowl Cookbook Recipes Inspired by books, The Berkeley Bowl Cookbook Recipes Inspired by movies, The Berkeley Bowl Cookbook recipes online, the university of california berkeley, the berkeley bowl cookbook, the cornerstone berkeley, is the berkeley bowl open today, which berkeley bowl is better, the mixing bowl berkeley, the berkeley bowl, the berkeley review mcat books, the greek theater berkeley, uc berkeley bowl game, the berkeley hotel richmond, the berkeley school, the farmacy berkeley, the berkeley hotel

Mooncakes and Milk Bread: Sweet and Savory Recipes Inspired by Chinese Bakeries, The Cheese Board: Collective Works: Bread, Pastry, Cheese, Pizza [A Baking Book], Secret Stairs: East Bay: A Walking Guide to the Historic Staircases of Berkeley and Oakland (Revised September 2020), We Are La Cocina: Recipes in Pursuit of the American Dream, Nopalito: A Mexican Kitchen [A Cookbook], Mumbai Modern: Vegetarian Recipes Inspired by Indian Roots and California Cuisine, Urban Trails East Bay: Oakland * Berkeley * Fremont * Richmond, The Nutritionist's Kitchen: Transform Your Diet and Discover the Healing Power of Whole Foods, Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking, The New Vegetarian Cooking for Everyone: [A Cookbook], Burma Superstar: Addictive Recipes from the Crossroads of Southeast Asia [A Cookbook], Food52 Mighty Salads: 60 New Ways to Turn Salad into Dinner [A Cookbook] (Food52 Works), Flavors of the Southeast Asian Grill: Classic Recipes for Seafood and Meats Cooked over Charcoal [A Cookbook], Hella Town: Oakland's History of Development and Disruption, Milk & Cardamom: Spectacular Cakes, Custards and More,

Inspired by the Flavors of India, Cookies: The New Classics: A Baking Book, Build-a-Bowl: 77 Satisfying & Nutritious Combos: Whole Grain + Vegetable + Protein + Sauce = Meal, Dumplings and Noodles: Bao, Gyoza, Biang Biang, Ramen – and Everything in Between, Chi Spacca: A New Approach to American Cooking, Sephardi: Cooking the History. Recipes of the Jews of Spain and the Diaspora, from the 13th Century to Today

What people say about this book

Tracy A., “Such a cool book!. Wow, what a great book. In addition to being simply gorgeous, the recipes are creative, intriguing, and actually quite tasty. Living in the Bay Area, of course I am a Berkeley Bowl fan (note: to people from faraway places: it’s worth the trip!) The produce variety is simply stunning. But I’ve always been a bit put off by some of those unfamiliar looking fruits and vegetables... I’d give them an appreciative nod and just walk by till I got to more comfortingly familiar produce. But not any more! I am a pretty experienced cook and over the years have my favorites that I know to be crowd pleasers. After I delved into the Berkeley Bowl cookbook I found myself being willing to try some really different recipes and to serve them to my friends. As it turned out, my guests were delighted. As a result I’m even more enthusiastic and open minded in the kitchen (it was getting a wee bit boring serving the same great stuff over and over). I’ve become daring: Lotus root! Shiso leaves! Burdock root! Salsify! Redcurrants! Epazote! Wood ear and Abalone mushrooms! Hah! So much for tried and true favorites. In an unexpected way this cookbook has me feel more connected to the people of the rest of the world, and to the food that nourishes and delights them. The world got smaller for me, in a very good way. Plus my dinners have gotten way more interesting.”

Anne West, “The Berkeley Bowl Cook Book: An inspiring food adventure cooking guide!. This is an exciting and beautifully well written book. I read the whole book the evening I got it, cover to cover, and I am not an avid cook! The photos are exquisite, the layout and descriptions are succinct and Laura McLively’s suggestions and tips are not just helpful but encouraging for someone like me, a cheese and olives for dinner kind of person. In The Berkeley Bowl Story section of the book, Laura McLively’s affection and awe of the Yasuda family founders clearly comes through. The first recipe I tried was the Beans and Greens. I did substitute chard for the Taiwanese spinach, as this was something I already had on hand. Absolutely easy and fun to prepare and so delicious!! My next food adventure was the Catalan-style Gai Lan with Raisins and Pine Nuts. Again, with this recipe I substituted the suggested broccoli for the Gai lan. I don’t live in Berkeley but was able to go to my local market and get the suggested substitution veggie! This meal was also delicious and easy to prepare. I’m inspired to be braver in my food choices because of your cook book Laura McLively! Thank you for opening up the food adventure gates for someone like me. Your Berkeley Bowl Cook Book is my guide and ticket to ride!!”

ZenBirder, “Great Recipes, Great Photos, Great Store!. There are lots of great recipes with equally great photos here featuring produce I may not otherwise buy... well done. As with most cookbooks, there are recipes with ingredients I can’t or won’t eat, but I look forward to making enough to justify buying the book.”

CJ, “Beautiful book with easy to follow recipes. I am so impressed with this cookbook! First, it is a work of art. This book is so beautiful, you could put it on your coffee table and it will become a topic of conversation for your guests. The author has added wonderful background

information and the photos are phenomenal. But beyond that, the recipes are great. I've already been able to try a few, and each one is a winner. My favorites so far are the "Ramped-Up Mushrooms," "Three Sisters Succotash with Crispy Sage," and "Kiwano Cooler." I should mention that I am by no means an expert cook, but I found the recipes easy to follow and the notes super helpful. I can't wait to pick up some more exotic produce from the market to try more recipes!"

Pep, "This cookbook has been a refreshing addition to my collection This cookbook has been a refreshing addition to my collection. I truly find it therapeutic to look through. While I do not live in the Bay Area with access to the Berkley Bowl, I do look forward to exploring the specialty stores in my home town in hopes of coming across these delicacies. I know I've seen many of these ingredients before and have shied away just because they're unfamiliar. Thank you Laura for putting a spotlight on these hidden (or shall I say overlooked) gems!"

YamaMama, "A beautiful, inspiring book!. Love this cook book. Photos are beautiful, recipes exciting and inspiring. The book covers rare veggies and fruits and how to cook them. Easy to follow."

Ebook Tops Reader, "Healthy and diverse recipes. This is the best cookbook I've ever purchased - it's motivating, simple, easily captivating and beautifully photographed. I love knowing that whichever recipe I choose it's sure to please. It inspires me to step out of my comfort zone at the grocery store and live a healthier lifestyle m."

The book by Chloe Tucker has a rating of 5 out of 4.7. 43 people have provided feedback.

Cover	Title	Page	Copyright	Dedication	Cover	Title	Page	Copyright	Dedication	Introduction	The																																																																																																						
Berkeley Bowl	Story	Kitchen	Notes	LEAVES	GAI	LAN	Catalan-Style	Gai Lan	with Raisins and Pine Nuts	SORRELL	Lemon Sorrel	Butter	CHRYSANTHEMUM	GREENS	Chrysanthemum Greens and Turnip	Fried Rice	EPAZOTE	Corn Tortillas with Epazote	Leaf	TREVISI	Treviso	Spring	Rolls with Black Tahini	STINGING	NETTLE	Stinging Nettle	Filo Bites	PEA	SHOOT	Breakfast Pea Shoots and Polenta	OPAL	BASIL	Matcha Mousse with Opal Basil	Syrup	MIZUNA	Grilled Cheese with Mizuna, Dates, and Goat Brie	RAU	RAM	Summer Salad with Rau Ram	Chimichurri	TAIWANESE	SPINACH	Beans and Greens	SALAD	SAVOY	Toasted Salad Savoy with Pears and Goat Cheese	CHINESE	CABBAGES	Spanish-Style Chinese Cabbage on Manchego Toast	SHISO	Shiso Limeade	FLOWERS, SEEDS, AND PODS	ROMANESCO	Romanesco Slaw with Chili-Lime Pepitas	PURPLE	OKRA	Purple Okra Pickles	TAMARIND	Tangy Tamarind Mustard	FRESH	CHICKPEA	Spring Chickpea Tabbouleh	SQUASH	BLOSSOM	Sweet Corn and Chive-Stuffed Squash Blossoms	BANANA	BLOSSOM	Banana Blossom with Glass Noodles and Crispy Garlic	SNAKE	BEANS	Smokey Snake Beans	PURPLE	CAULIFLOWER	Purple Cauliflower Quesadillas with Curry Crema	CRANBERRY	BEAN	Three Sisters Succotash with Crispy Sage	CHESTNUT	Roasted Chestnut Chocolate Torte	SPORES	AND SUCCULENTS	SEA BEAN	Sea Bean and Soba Salad	WOOD	EAR	MUSHROOM	Wood Ear and Israeli Couscous	Consommé	NOPAL	Charred Cactus and Black-Eyed Pea	CHILI	HEDGEHOG	MUSHROOM	Hedgehog Mushroom Toast	MOREL	MUSHROOM	Morel Pot Pies with Asparagus and Peas	ABALONE	MUSHROOM	Abalone Mushroom Schnitzel	ALOE	VERA	Aloe Vera Mango Ceviche	PURSLANE	Purslane with Chilled Melon and Feta	MATSUTAKE	MUSHROOM	Matsutake Miso Soup	FIDDLEHEAD	Fiddlehead Tempura with Sriracha Crème Fraîche	ALBA	PIOPPINI	Meyer Lemon–Marinated Pioppini and Frisée Salad

STEMS LONG CHOY SUMTortilla China B C HÀGarlic Soup with B jç Hà YELLOW GARLIC
CHIVENori Packets with Yellow Garlic Chives CARDOONMoroccan Cardoon Stew
RHUBARBVanilla Rhubarb Jam WHITE ASPARAGUSWhite Asparagus with Preserved Lemon
RAMPRamped-Up Mushrooms GREEN GARLICGreen Garlic Soup with Lemon Cardamom
Yogurt LEMONGRASSLemongrass Coconut Ice Cream KOHLRABIKohlrabi Ramen ROOTS
AND TUBERS PURPLE POTATOPurple Potato Galette with Tarragon DAIKONSavory Daikon
Pancakes with Ginger Maple Syrup MALANGAMalanga Masala Latkes SATSUMA SWEET
POTATOChipotle-Roasted Satsuma Tacos with Cilantro Yogurt GOLDEN BEETGolden Beet
Tamales with Red Pepper Sauce WATER CHESTNUTGreek Spaghetti with Water Chestnuts
WATERMELON RADISHWatermelon Radish and Pineapple Carpaccio BURDOCK
ROOTBurdock Root Pizza JICAMAForbidden Rice Bowls with Stir-Fried Jicama
HORSERADISHPort Roast with Horseradish Crisp SALSIFYCreamy Salsify Soup with Salsify
Chips LOTUS ROOTSpiced Lotus Chips PARSLEY ROOTCurry-Roasted Parsley Root with
Feta-Yogurt Sauce SUNCHOKESunchoke Farro with Roasted Apricots CELERIACCeleriac
Ravioli with Celery Leaves and Lemon Oil YUCABuñuelos de Yuca SAVORY FRUITS
MOQUAMOqua Pisto with Fried Egg ANAHEIM CHILEAnaheim Chile and Corn Chowder
WINTER MELONTom Yum Soup with Winter Melon PLANTAINThai-Style White Curry with
Plantain MILPERORoasted Milpero Salsa Verde BLUE HOKKAIDO SQUASHSpiced Rice with
Blue Hokkaido ARMENIAN CUCUMBERFalafel Waffles with Armenian Cucumber Slaw
INDIAN EGGPLANTStuffed Mini Eggplants SINGUASingua Paneer Curry INDIAN BITTER
MELONIndian Bitter Melon Tonic CHAYOTEChayote Pozole CHERRY BOMB PEPPERStuffed
Cherry Bomb Peppers GREEN PAPAYAGreen Papaya Gazpacho CARNIVAL
SQUASHCarnival Spice Cake SWEET FRUITS REDCURRANTRedcurrant Almond Clafoutis
POMELOBroiled Pomelo with Cinnamon Crème Fraîche FUYU PERSIMMONPersimmon
Gingersnap Smoothie MANGOSTEEN, LONGAN, KIWI BERRY, AND FRAGRANT PEARNot
Your Run-of-the-Mill Fruit-and-Cheese Plate PEPINO MELONPepino Melon Poke SOUR
CHERRY Sour Cherry Rosemary Corn Muffins RAMBUTANWhite Chocolate Rambutan
GUAVAGuava with Cotija and Honey PAPAYAPapaya Canahua Breakfast Boats BUDDHA'S
HANDBuddha's Hand Scones CHERIMOYACHerimoya Panna Cotta AFRICAN HORNED
MELONKiwano Cooler BLOOD ORANGE Braised Leeks with Blood Oranges CAPE
GOOSEBERRYGooseberry Sweet-and-Sour Tofu DRAGON FRUITDragon Fruit and Lime
Curd Tart SOUR PLUMSour Plum Salsa QUINCEMoscato-Poached Quince
PASSIONFRUITPassionfruit Zabaglione KUMQUATPickled Kumquats STARFRUITStarfruit
Almond Torte PRICKLY PEARPrickly Pear Sorbet Seasonal MenusIngredient
KeyAcknowledgmentsIndexAbout the Author Seasonal Menus Ingredient Key
Acknowledgments Index About the Author

Book Information

Language: English

File size: 242537 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Enhanced typesetting: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Print length: 216 pages

Lending: Not Enabled

Simultaneous device usage: Unlimited

[DMCA](#)