



Cooking

The Vegetarian Chili Cookbook: 80 Deliciously Different One-Dish Meals

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For cooks anxious to rev up their dull chili routine, here's a well-researched recipe collection that blows the lid off this hearty dish.

Robertson has divided and subdivided the seemingly uncomplex world of vegetarian chili into five categories: fresh garden vegetables, variations on North American standard recipes, chili peppers as the focus, "nuevo" chili that introduces unusual ingredients such as wine and coffee and recipes for leftover chili.

Robertson gives readers some of the history of chili—the dish and peppers. She does incorporate meat substitutes into recipes—Seitan (wheat meat), tempeh (fermented soybeans), tofu (soybean curd) and textured soy protein. She tells us crumpled tofu “behaves much like ground beef in recipes.” Good news for our hearts.

Her helpful notes at the top of each recipe separate what can become somewhat tedious reading (e.g., Jon's Chili vs. World's Fair Chili). Easy to read, the book's stylized illustrations give it a lively, hip feel.

Carol Hopkins