



[*Eating from the Ground Up, Recipes for Simple, Perfect Vegetables*](#) by Alana Chernila, Copyright © 2018 by Alana Chernila. Photographs copyright © 2018 by Johnny Autry. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

Our Summary:

“We don’t need to disguise our vegetables, we just need to prepare them well,” says Alana Chernila, author of [*The Homemade Pantry*](#) and [*The Homemade Kitchen*](#). In her latest book, [*Eating from the Ground Up*](#), she again inspires us to step into our kitchens and create simple, flavorful and delicious food. Plant based eating is having a moment right now, and as a nation of eaters we’re integrating greater numbers of vegetables into our diet. These recipes bring out the flavor and texture of vegetables, using them to their fullest potential. Chernila’s guiding principles – with a

central theme of living life fully with food – is compelling and well-presented in [*Eating from the Ground Up*](#). Her smart techniques and simple touch allow all of us to create tasty vegetables every season of the year.

What you need to know:

Get it: [*Eating from the Ground Up, Recipes for Simple, Perfect Vegetables*](#) by Alana Chernila, copyright ©2018 by Alana Chernila. Photographs copyright © 2018 by Johnny Autry. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC, February 27, 2018 Hardcover \$28.00 ([Amazon \\$16.47](#); [Kindle \\$14.99](#))

See it: 272 pages with full page color photos of the finished recipes. The Table of Contents leads with a complete listing of the recipes in each chapter. Includes chapters with insightful tips on where to pick your vegetables, how to wash, store and make your vegetables last, how to navigate food labels and the tools of the kitchen that are necessary to prepare your vegetables. Includes a *Suggested Recipes By Vegetable* index, and fully cross-referenced index.

Make it: More than 100 versatile recipes. Vegetables made into so many delicious recipes. Soups, crepes, pizzas, galettes, dips and breads to name a few! A vegetarian’s delight and a tremendous reference for those of us that want vegetables to be the star of our plates!

Cherie’s Review:

A cookbook dedicated solely to vegetables was something I wasn’t certain I could wrap my brain around. How many ways can you make zucchini, beets or carrots? Well, Alana Chernila has the answer to this question and many more in her latest cookbook, [*Eating from the Ground Up*](#). This thoughtfully written, and beautifully photographed cookbook is my new go to for using vegetables for exactly what they were grown to be!

[Chernila](#) agrees that if you dig a little deeper into anyone’s distaste for a particular vegetable, you will uncover an unfortunate preparation that lodged a taste in their memory. In her opening chapter, “Barley Recipes,” Chernila suggests that knowing little tricks to bring out the best in a vegetable, and



when you should really just leave it alone, makes all the difference in the world. The simple recipes in this chapter are essential to understanding just that – what vegetables are meant to taste like to be enjoyed!

[Eating from the Ground Up](#) suggests ways to use over 40 types of vegetables. The “Suggested Recipes by Vegetable” section alphabetically organizes each vegetable and the recipes she has written to feature that vegetable. Contrary to my previously narrow ideas that there were only a few ways to prepare carrots, Chernila shares 11 ways to rock the carrot, ending with an amazing *Carrot Celebration Cake!*

In her chapter titled, “Too Hot to Cook,” [Eating from the Ground Up](#) tackles hot weather cooking when so many summer vegetables are at their peak. Using the oven reluctantly in the summer to roast vegetables seems like a cruel trick, but it is one of the best ways to appreciate their flavor. Her *Millet-Stuffed Tomatoes* are as beautiful as they are flavorful!

There are so many ways to enjoy fresh, perfectly-at-peak produce and [Eating from the Ground Up](#) identifies these peak seasons for most vegetables. Chernila addresses, even more importantly, what to do in the dead of winter, a time when “tastes are quieter.” She says winter is the perfect time to take advantage of frozen or out-of-season vegetables. [Eating from the Ground Up](#) offers advice on how to freeze vegetables and uses frozen peas in her *Indian Spiced Shepherd’s Pie* and frozen corn in her *Corn Chowder*, stating that the key is to barely cook them at all.

In the chapter titled, “Warmth and Comfort,” [Eating from the Ground Up](#) addresses that time in winter where the change of season not only changes the temperature outside but changes the flavors we crave. Comforting food with exciting combinations of flavors and spices, with stocks, wine and cream. *Roasted Vegetable and Cashew Curry* and *Beet and Beet Green Risotto* are two recipes that Chernila encourages us to make, and the recipes let us do that with ease.

[Eating from the Ground Up](#) opens with a dedication by Gertrude Chandler Warner from *The Boxcar Children*, which once again endeared me to Chernila as an author. Her honesty and the purity in her writing style made me an instant fan when I reviewed, [The Homemade Kitchen](#). Her approach to cooking parallels her simplistic philosophy of life. This cookbook allows vegetables to shine in their own *simplicity*. The recipes bring out the flavors and textures of vegetables, using them to their fullest potential; hopefully giving each of you wonderful taste memories.

Recipes to cook from [Eating from the Ground Up](#) by Alana Chernila, copyright © 2018 by Alana Chernila. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

[Shiitake Barley Soup](#)

[Beet and Cucumber Quinoa](#)

[Polenta with all the Greens](#)