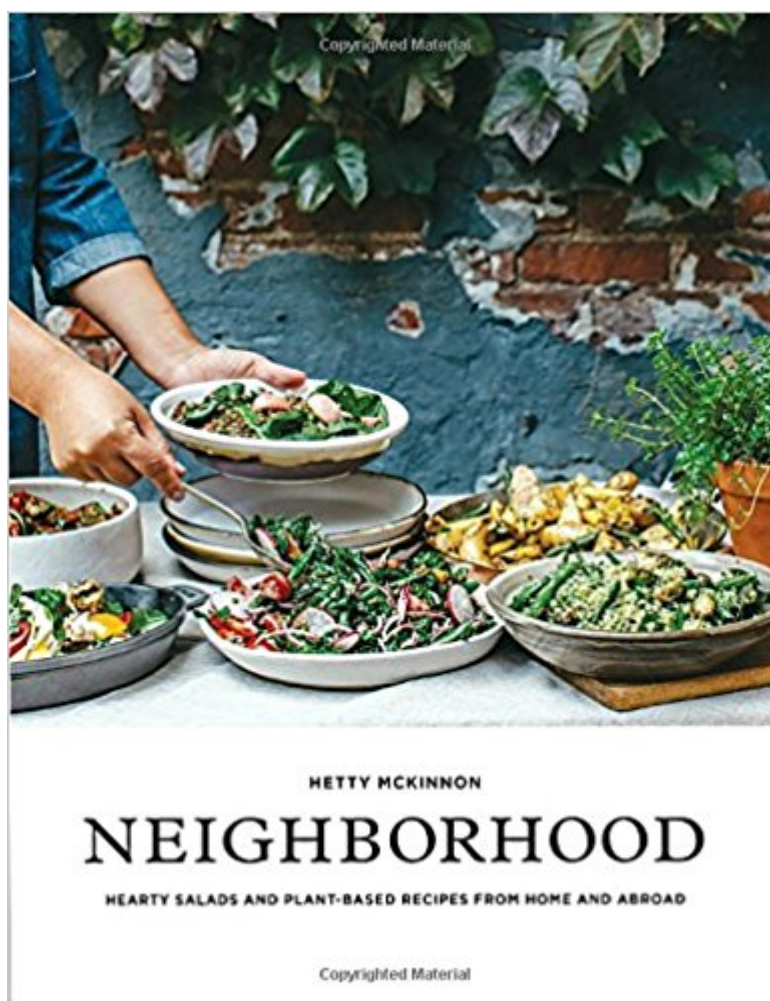


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# Neighborhood: Hearty Salads And Plant-Based Recipes From Home And Abroad



## Synopsis

Hearty and healthy salad recipes inspired by neighborhoods across the globe. No matter where you live in the world, it is the daily rituals of food that bind and connect us. *Neighborhood* is a must-have collection of show-stopping yet simple vegetable-packed recipes, delivered against a backdrop of charming stories of food, family, and friendship. These delicious main-meal salads are filled with exciting flavors from around the world, journeying from Brooklyn to the greater Americas, the Mediterranean, Asia, France, Australia, and many other neighborhoods. Incorporating vegetables, grains, beans, nuts, herbs, and spices in exciting combinations, the recipes here redefine what a salad can be. From Shredded Collard Greens, Baked Sweet Potato, and Pinto Beans with Paprika-Buttermilk Dressing to Cumin-Spiced Cauliflower with Fried Lentils and Spinach Yogurt and Thai Carrot and Peanut Salad, the sixty hearty salad recipes represent plant-based goodness at its very best, with recipes you'll want to make time and time again. A collection of dessert recipes leaves the book with a sweet finish.

## Book Information

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## Customer Reviews

"Neighborhood is a beautiful guide on how to eat at home in a totally modern way. Hetty packs in dozens of practical tips for making satisfying meals with the simplest ingredients (the secret of slam-dunk salads? A can of beans. Leftovers? Put an egg on it.), which makes Neighborhood completely essential for anyone who loves feeding friends and family. No cookbook shelf should be without it." —Joanna Goddard, founder of women's

lifestyle website Cup of Jo – “If there is one superwoman in this world who can make me as excited about vegetables as I am about cake, it is Hetty! Her warmth, charm, and wizardry in the kitchen make salads as cozy and vibrant as ever. As someone who is always looking to eat healthier, I know this book is going to become a staple in my house. The recipes in this book, paired with Hetty’s tales of traveling the world and moving to Brooklyn, and Luisa Brimble’s breathtaking photos make *A Neighborhood a Slam Dunk* – Molly Yeh, author of *Molly on the Range* – “Hetty’s *A Neighborhood* explodes with vibrant food that I want to make. This book is filled with healthy and delicious recipes and beautiful photographs, and it pays homage to the people Hetty admires in her community in Brooklyn. An absolute stunner.” – Aran Goyoaga, author of *Sweet Treats and Small Plates* and creator of *the blog Cannelle et Vanille*

Hetty McKinnon is a home cook with a passion for vegetables. In 2011, she established Arthur Street Kitchen, a community kitchen with a simple concept: local food for local people. From her inner-city terrace kitchen in Surry Hills, Sydney, Hetty dreamed up and cooked flavor-packed, hearty, seasonal salads, which she delivered to locals on her bike. In 2015, Hetty – with her family and Arthur Street Kitchen in tow – relocated to the rather larger neighborhood of Brooklyn, New York City. From there, she continues to deliver salads to locals, runs creative pop-up events, and caters lunches, making food friends along the way. Hetty also writes about her experience of food, life, and adventure in Brooklyn on her blog, [www.arthurstreetkitchen.com](http://www.arthurstreetkitchen.com).

I was given Hetty McKinnon’s first book a few years ago and use it almost every week so I was keen to see how this new one compares. It’s just as beautifully presented and stuffed with new recipes. I haven’t had the chance to make them all yet but as a vegetarian I can’t wait to get on with it as they look great. Really pleased with this - foodie friends present 2017 is sorted!

I just received my pre-ordered copy of this book and it has already become an instant favorite in my home! I practically read the book cover to cover last night and can’t wait to try each and every recipe. Every dish sounds incredible -- so hearty and satisfying, and the photos are visually scrumptious! I just love the title and theme of the book and how effortlessly Hetty weaves in and out of cultures, using various local ingredients with expertise. You can tell that Hetty is so good at and just loves what she does, from her expert tips and knowledge of vegetables and legumes, to her travels and experiences that have influenced her recipes. Not to mention, Hetty’s lovely writing style

reads like a cozy novel - totally approachable and friendly, like a coffee date with an old friend! All in all, this book is an absolute delight! I highly recommend this book for yourself and as a great gift for a friend!

I couldn't imagine my kitchen without this cookbook. If I win the Lotto, I want a hotline to this woman's brain. The recipes are so freaking good, without being complicated or achingly hipster. They're not just salads - these recipes are substantial feasts on their own. There's a beet and lentil salad with saffron yoghurt I made yesterday that should win a prize in chemistry. Also made the olive oil and sea salt brownies (naturally). Wizardry. And tonight we had a sweet potato recipe with paprika buttermilk dressing. I'm sure I can use this as currency in my house. I'm definitely getting her first cookbook, on the strength of this one. Glee.

I discovered Hetty McKinnon a few years ago through her first cookbook Community. So I was so excited to know that she was releasing a follow up. If you're familiar with Hetty and her style of cooking, you will not be disappointed by this. If you're new to Hetty's story and recipes, be prepared to fall in love. The story in this book is so inspiring and has me itching to travel and experience the various ways people in different neighborhoods around the world cook and eat. The recipes may seem quite intimidating at first but that's only because they're not your average salads...which is honestly the beauty of this book. It really makes you think outside the box and get creative about incorporating more veggies into your diet. I found the recipes I cooked pretty easy to follow though, not to mention they were also super informative. There are a lot of vegetables, spices, and grains that I hadn't heard of before - like kasha, freekeh, chermoula etc - but Hetty makes sure to explain them all before launching into the recipe and she even provides substitutes. So I wasn't too worried if I couldn't find something at my supermarket, but I found it really exciting to try and find these ingredients and use them for the first time. The recipes are quite big, so they work really well when I have guests over. There's also a really sweet section called 'Just Bring Dessert' where Hetty has asked friends to contribute their dessert recipes. Love!! On top of all this the photos in this book are stunning. This is just such a charming cookbook. I couldn't recommend it more. One for the ages.

My husband gifted me this book for my birthday and I absolutely love it. Reading through this cookbook miraculously inspires me to whip up some salads and get a few friends over to enjoy them with. Delicious and healthy recipes, gorgeous photos and a beautifully done book overall.

Finally got the book this afternoon! Already tried 2 of the recipes for dinner, incredibly rich flavor and clever technique to cook veggies, the portions are bigger than I expected, even got left over for lunch tomorrow! Worth the purchase !!

Hetty McKinnon has done it again with her most recent cookbook, "Neighborhood". She turns everyday salads into beautifully composed delicious meals. As a family who likes a salad but often feels uninspired, this book is the inspiration you need to make divine dishes that are not only tasty but incredibly healthy, nourishing and lets not forget seasonal. "Neighborhood" is also filled with wonderful photography and stories that give you a glimpse into her own neighborhood. A really sensational and useful cookbook that I recommend for anyone who appreciates delicious fresh modern food.

This is an absolutely beautiful book both visually and in content. From page one, you get a clear sense of who Hetty is and where she comes from, which is reflected in the recipes. I am a very beginner chef and these recipes are easy to follow and delicious. As anyone who wants to eat clean while still having exciting and flavorful meals, I highly recommend buying this book!

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