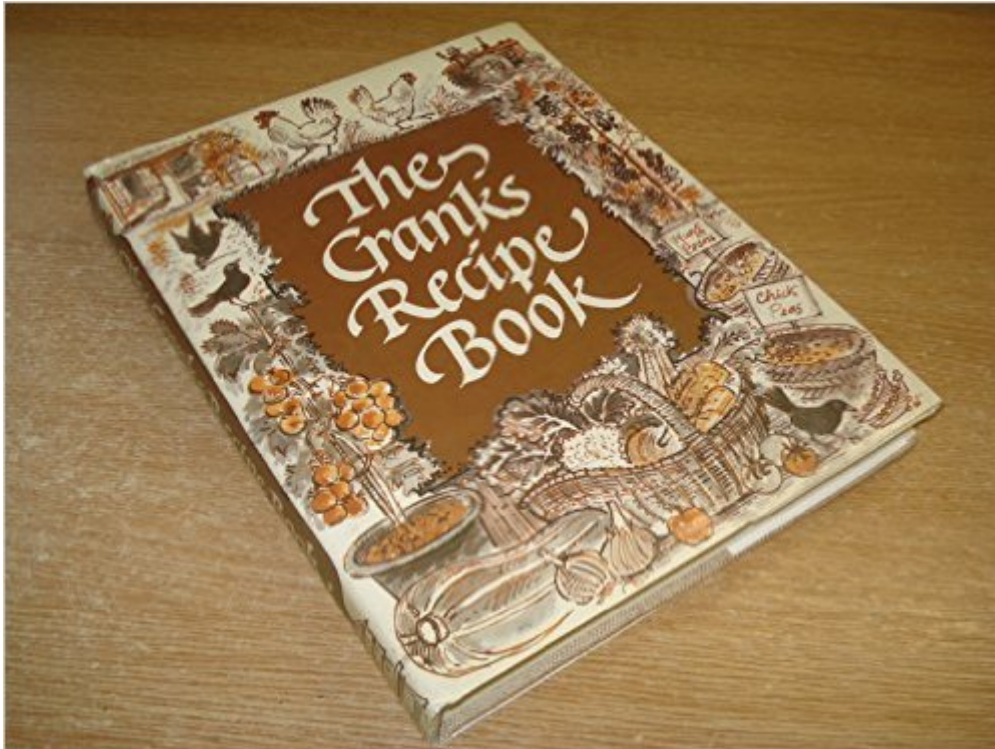


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# The Cranks Recipe Book



## Synopsis

THE classic vegetarian cookbook, reissued for a new generation. With helpful notes on techniques, and numerous delicious recipes for soups, starters, salads, dressings, sauces and savories, not to mention sections devoted to baking, puddings, cereals, preserves, sweetmeats and drinks, the founders of Cranks have put together a book that stands for all that is best in wholefood cuisine. Their aim is to give people the opportunity to experiment with vegetarian food to experience the benefits of a more balanced diet. --This text refers to the Paperback edition.

## Book Information

Hardcover

Publisher: J.M.Dent & Sons Ltd; 1st Edition edition (1982)

Language: English

ISBN-10: 0460044168

ISBN-13: 978-0460044165

Product Dimensions: 9.8 x 7.9 x 1 inches

Shipping Weight: 1.9 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #838,700 in Books (See Top 100 in Books) #276 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #1142 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#) #92105 in [Books > Health, Fitness & Dieting](#)

## Customer Reviews

IF you are a fan of the UK Cranks restaurant then here is your chance to recreate these tastes in your own home. All the favorite dishes (homity pie, tomato and cheese quiche, lentil soup and breads) are available with easy instructions. This cookbook shows that vegetarian options do not have to be boring, lacking in flavour but exciting and delicious.

You will find it hard to believe these recipes contain no meat; I use them all the time, and also have another book on cooking for a crowd which is not on .com (at least not now!) These are such tasty and easy recipes, and good for you, too. A winning combination.

STILL one of my most used cookbooks... after all these years/decades. I even had to buy it again as it got to fall to pieces. And I'm not even a vegetarian anymore! OK, just one thing: Try the Leek & Cheese Flan...Wow! ( See the photo I have posted for it on this page - I always get compliments for

this dish, and it's my husband's favourite meal).

BEST EVER veggie cookbook! Starts with an explanatory section on wholefoods (different kinds of flour, brown sugar etc) then launches into the expected sections on soups, savouries, desserts plus less expected ones on breakfast cereals, drinks and breads. The recipes are easy and taste gorgeous. I made apple buns last week which everyone loved. Why not try cheese baps (split and filled with mustard & cress), Armenian soup (lentil and dried apricot) or country pasties (lovely wholewheat pastry with a cheese & veg filling) ? Or brown sugar meringues? I've had this book for years and couldn't live without it!

I have had this book for over 20 years and had to replace it because it fell apart from overuse! That I believe is a sign that it has been useful beyond measure. The soup recipes are certainly the foundation of the book for me. I cooked my way through those and gained the confidence to create my own. There are several main dishes here that I have committed to memory, and the desserts are delicious.

I had this book at uni in the early 90s and some b@st@rd stole it. Missed it ever since and it's like having an old friend back. Great inventive vegetarian dishes and wicked desserts. Yum x 100

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