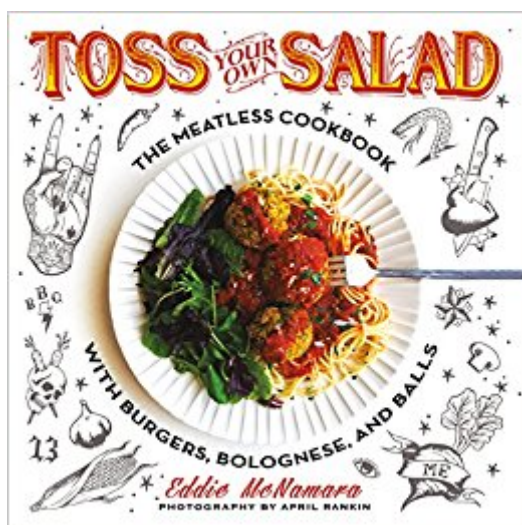


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# Toss Your Own Salad: The Meatless Cookbook With Burgers, Bolognese, And Balls



## Synopsis

"Eddie comes on strong, but behind the attitude there's an honest, stripped-down, back-to-basics approach to cooking real food. If you ever wanted to go from watching cooking shows to actually cooking, this is where you begin." - Amanda Cohen, author *Dirt Candy: A Cookbook* and chef/owner of the famous NYC vegetarian restaurant of the same name  
Takeout food every night is great...for leaving you broke, bloated and praying for a national healthcare plan to deal with your fat ass self. Eddie McNamara wants to show you how to stop being a takeout junkie or a Gordon Ramsay wannabe who spends years learning complex knife skills you don't need. He also wants to show you how to pump up the flavor without resorting to using meat because "really - who needs to eat more meat? As Eddie puts it, "Any schmuck can put bacon on something to make it delicious." He wanted to show people how easy it was to cook delicious meatless meals for themselves rather than gorging more fat and salt on a daily basis than you'd see in a bucket of KFC. He also wanted to show people that you don't have to be Warren Buffett to eat well. As he puts it "Brokesters have cooked filling plant-based food since long before Mark Bittman moved to Berkeley in search of a perfectly ripe avocado." That's how his popular tumblr "Toss Your Own Salad" got started and now morphed into this awesome meatless cookbook that will get you to rock out over 100 recipes for dishes like The Green Inferno Salad, Dr. Devash's Shakshuka, Nihilistic Frittata and Penne Tikka Masala with an Eddie-curated soundtrack that spans the musical range from Metallica's "Creeping Death" to Gene Vincent's "Be-Bop-a-Lula". So, stop wasting your money. Do it yourself. Let Eddie McNamara show you how to Toss Your Own Salad.

## Book Information

Paperback: 256 pages

Publisher: St. Martin's Griffin (June 20, 2017)

Language: English

ISBN-10: 125009920X

ISBN-13: 978-1250099204

Product Dimensions: 8 x 0.6 x 8 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 25 customer reviews

Best Sellers Rank: #121,096 in Books (See Top 100 in Books) #68 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Burgers & Sandwiches #155 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #181 in Books > Cookbooks, Food & Wine >

## Customer Reviews

"Eddie comes on strong, but behind the attitude there's an honest, stripped-down, back-to-basics approach to cooking real food. If you ever wanted to go from watching cooking shows to actually cooking, this is where you begin." - Amanda Cohen, author *Dirt Candy: A Cookbook* and chef/owner of the famous NYC vegetarian restaurant of the same name "Hilarious and heartwarming, this straight-talking, contemporary vegetarian cookbook is the polar opposite of lifestyle guides that rhapsodize about superfoods and microgreens." •Library Journal

Eddie McNamara was born and raised in Brooklyn, New York (before it was cool). A former Port Authority cop, he served on the post-9/11 World Trade Center rescue/ recovery team. After leaving the police force and graduating from the Natural Gourmet Institute in New York, he interned for chef Amanda Cohen at her boundary-pushing vegetarian restaurant, *Dirt Candy*, and worked as a recipe tester and developer for *InStyle*, *HGTV*, and *Women's Health* magazines. Inspired by Brooklyn food, which has roots all over the globe, he shares his vegetarian recipes on his Tumblr page, "Toss Your Own Salad." He lives with his wife in a tiny Manhattan apartment, and no, he's not moving to Portland. *Toss Your Own Salad* is his first cookbook.

This is THE cookbook--not just THE vegetarian cookbook--to get you through busy days, quick dinners, and most of all healthy and appetizing dishes. Thank goodness NO MORE STEAMED BROCCOLI. I learned from Eddie that it isn't much harder to make main dishes, sides, smoothies, desserts--that are great and also easy. These recipes are designed for the home cook, not the precocious cook with every gadget on earth at his/her disposal. For some of us (ahem), you won't recognize your vegetables. Best of all, the writing is fun, down to earth, a little raunchy and all true. Eddie McNamara is the real thing, and the book is a good, funny read even if you are not thinking of cooking. All I can say, is, enjoy! I did.

This is the only cookbook worth having in your kitchen. I tossed all of mine years ago because internet but you are not going to find these recipes online and TYOS actually does make veggie life way more tolerable. And even if you never cooked a single dish, the book is straight up hilarious, suitable for reading in the kitchen or the the john.

I've been following TYOS since the ye olde Tumblr days and I have to say that Eddie McNamara is one of my favorite vegetarian chef/recipe go-to's out there. Yes, I'm already vegetarian so I didn't need any convincing, etc. And I also tend to eat healthier than most of this cookbook (it's rife with cheat-day indulgences) but his humor, candor, and snark make it more than just a cookbook: it's also an entertaining read. How else will you actually laugh while making dinner (unless the dog just so happens to be unusually gaseous)? I will say this: this is the one book I recommend every meatetarian I know who's either considering converting to the veg side or to simply work more vegetables into their diets without having to just steam them with lemon (because BLAH).

After reading some of these reviews, I really wanted to write something clever. I mean, the book IS called 'Toss Your Own Salad' and written by Conan O'Brian's cousin... but alas after actually purchasing the book and using some of the recipes, I honestly can't say anything funny or witty about it. At first, I had my doubts about the author. I mean, what does a ginger from Brooklyn, who grew up watching Radar Men from the Moon serials, listening to Anthrax and spent countless hours getting wacked by the Bookbag of Doom; know about cooking? I mean his diet consisted of potato knishes from the local deli in Marine Park. Granted, potato knishes are 'meatless', but that hardly is enough to go on to write a meatless cookbook. However, my wife and I were pleasantly surprised after crafting some of these meatless wonders. The Green Bean Salad has replaced our normal, everyday, boring salad and is, so far, my favorite thing in the book! The meatless Shepard's pie should be the stuff of nightmares, but may actually be better than a meat-filled one... Especially after 3 pints of Guinness! In conclusion, I give this book 5 stars and I actually have recommended it numerous times. So, as my 7th grade Spanish teacher, Mr. Heath would say, 'Don't be a stupid fool!' buy this book today! Shakin Bacon!

As a person who's in limbo somewhere between vegetarian and indulger in the occasional burger, I am definitely spending more time on the veg side thanks to these recipes. This book got me over my anxiety about cooking tofu and making cauliflower rice. Plus, he cuts out the complicated time-wasting BS too many cookbooks include--which makes me excited to try new things and miss burgers less.

One of the most unique cookbooks I've ever encountered. It's probably the first time I've ever laughed reading recipes. I've made three dishes so far and they were all delicious!

Great recipes and a hell of a sense of humor combine to make a cookbook you'll not only use but be proud to have on full display in your kitchen. The peanut butter ramen and peanut butter tacos are favorite. That parmesan broccoli recipe is legit AF too!

I'm pretty weird about textures so that's kept me away from seitan or vegetarian anything despite not being into animal cruelty and wanting to eat healthier. I've tried and failed at tofu, always ends up with a dramatic spitting out/wiping my tongue episode. I wish I were exaggerating. This is great buy for anyone looking to eat healthy but wanting their food actually taste like what they're missing. Highly recommend!!!

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