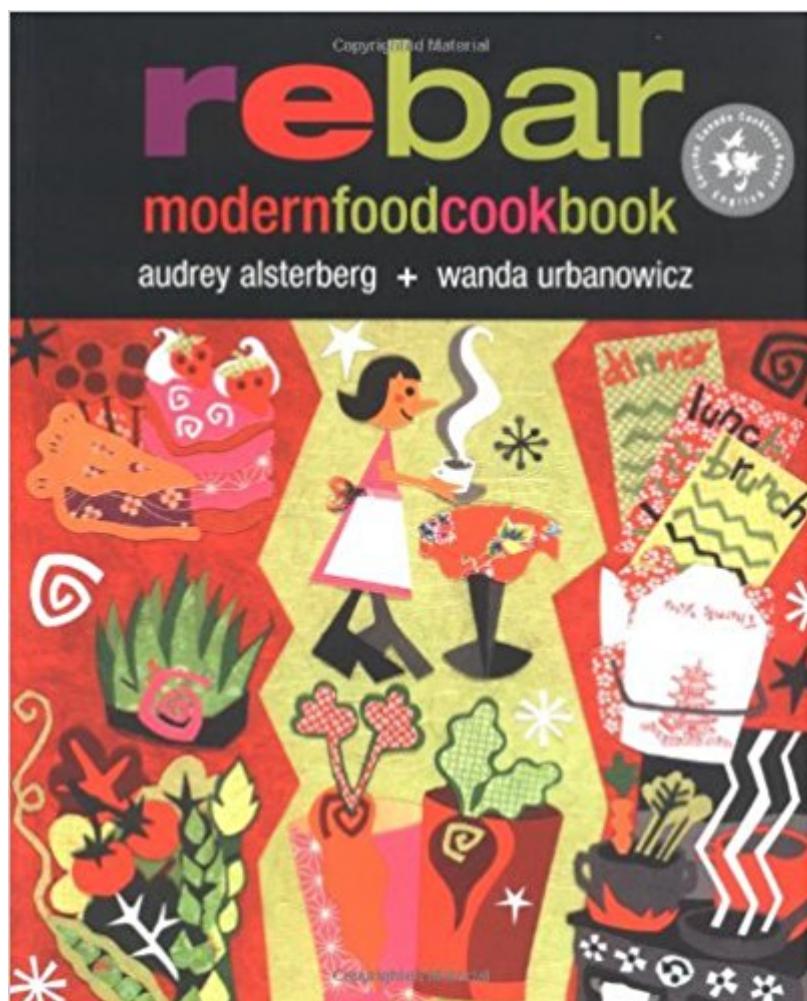


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# Rebar: Modern Food Cookbook



## **Synopsis**

Since 1988, Rebar Modern Food has been Victoria's favorite restaurant and juice bar, featuring fresh, healthy, predominantly vegetarian fare. The upbeat atmosphere and vibrant, tasty food have led critics to describe Rebar as inventive, hip, and visionary. The Rebar Modern Food Cookbook can be used by everyone -- strict vegans, vegetarians (full and part-time!), and anyone looking for delicious ideas with a funky twist. Recipes range from salads to pastas, entrees, lunch and brunch ideas, soups, sandwiches, side dishes, sweets, and juices. The book also offers handy tips, menu ideas, seasonal substitutions, and suggestions for transforming dishes into low-fat or vegan alternatives. Everyone who loves to cook and eat delicious, healthy, fun food will welcome this much-anticipated book!

## **Book Information**

Paperback: 272 pages

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Shipping Weight: 1.8 pounds

Average Customer Review: 4.6 out of 5 starsÂ  [See all reviewsÂ](#) (79 customer reviews)

Best Sellers Rank: #143,554 in Books (See Top 100 in Books) #11 inÂ  Books > Cookbooks, Food & Wine > Regional & International > Canadian #279 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## **Customer Reviews**

I bought this cookbook on a whim, hoping that the food would be as good as it sounded. I first tried the bagel with brie, toasted almonds, and a smidgen of honey, and I added a dried apricots and tried it on bread and crackers instead of a bagel--divine!The wild mushroom ravioli (with squash and leeks in a citrus, white wine, sage and cranberry sauce) wowed all my roomates and we spent hours at this meal savoring every bite. We tried the Greek Red Lentil Soup with Feta, and it was savory but we made it with a bit too much water. I have had better red lentil soups.Finally, the best recipe of all is the Roasted Yam and Garlic Soup. Yams, tomatoes, garlic and peppers are roasted in the oven for the base of the soup, and it was made heavenly by the chipotle puree, maple syrup and lime juice. This soup has made everyone who has tried it drop their jaw in amazement.The recipes

can be time consuming; the soup took a few hours to prepare (because all the veggies had to be roasted), but everything is well worth it. Using the freshest ingredients will make the meals even better. This cookbook is such a gem and is my absolute favorite.

I missed Rebar when I left Victoria, having eaten there since it was a small counter on lower Johnston street. Imagine my delight when my mother mailed me this cookbook. Now everyone who eats at our house eats from the Rebar cookbook. I've managed to impress even those who find potatoes a little too exotic, as well as those who couldn't imagine a meal without a big hunk of flesh on their plates. With only a few exceptions I've been able to find almost every ingredient (and I live in a tiny town). They are also good about substituting for more common items. And delicious vegan brownies that aren't an oxymoron? Need I say more....

This book is filled with recipes drawn from the restaurant (of the same name) menu. They appear to have been extensively tested - not one has failed me - and I'm not the greatest cook. The more exotic ingredients can easily be found in major centres - often in my local supermarket. I have eaten at the restaurant many times - it's a very popular one in Victoria, BC. The book captures the atmosphere of the place - unique, funky, and friendly. I have a 2nd edition, and have not found any errors; those noted by others must have been fixed. I highly recommend this book for those wanting to make sophisticated, healthy food.

I'm a big fan of this book, having made over 140 of its recipes. The dishes are flavorful and creative, a nice change from your typical cookbooks. Enjoy food from all over the world - southwest/mexican food, asian, and italian with a twist. I have yet to make one recipe that I didn't like - they have all been great. Although I agree with another review that states that some ingredients are hard to find, once you track them down you will be able to leverage them across many recipes. I will also admit to finding a few errors in the book (e.g. items from ingredient list not listed in recipe directions), but nothing that will negatively impact on the results. Definitely no errors that are show-stoppers.

This is one of my favorite-ever cookbooks. The pancakes recipe is a house favorite. The soups have been delicious. The juices are great. The page with the "Mesa Red Sauce" is so speckled with that delicious red sauce that it's easy to find the page ;) The desserts are great... I could go one and on. I agree that some of the recipes can be time-consuming, as many have loads of parts: enchiladas that require cooking the veggies, making the sauce, etc. But this is a fantastic weekend

cookbook (or whenever you have a little extra time) that just happens to also be healthy. Very highly recommended!!

Even more dated then it is disappointing. Or maybe I should say....even older then it is disappointing. If you've been to Rebar recently, which is never disappointing....don't expect to find any of your favorites in this ancient cookbook.

If you like food, you'll like this cookbook. While most of the recipes require a bit of effort (if it was a lot of effort, I wouldn't make them, believe me!) they are WELL worth it. If you need convincing, try the peanut butter bar dessert, everyone one who has tried it has been putty in my hands. This book is NOT only for the vegetarians out there, add some chicken or beef instead of the tofu and you have a fantastic dish (although this cookbook DID turn me on to tofu!!!).

This is a cookbook I really trust. Even if I think I don't like all the ingredients in a recipe, I've discovered there isn't a recipe I've made and not liked. (My husband objected to the cold tofu and watercress salad, but so far that's all, and we've made more than half of the recipes.) The Yukon Gold and Yam Gratin and Rebar Caesar (lacto vegetarian and picnic-safe) are pot-luck and holiday staples that always have people asking for the recipe. My husband and I ate at Rebar on our honeymoon, and it was fabulous. (Outpaced only by Deep Cove Chalet on our trip - not in Victoria, but well worth the beautiful drive!) Since we live a good 1,000 miles from Victoria, we get to sample more of the food this way, albeit without the awesome BC ambiance. As a vegetarian, most of the recipes from the book that I've made are vastly superior to anything I find at most restaurants. The juice recipe section at the back is also refreshing and different from most of the weird or boring juices you find in juicing books. It's a good "idea" cookbook, too, for thoughts on how to improve other recipes, and the introduction to chipotle puree has added a wonderful new ingredient to my culinary arsenal. Some of the recipes are a bit ornate and take a large amount of ingredients, so many entrees and pastas are not a 30-minute dinner sort of thing. Make lots and keep the leftovers (if you have pots and pans that are large enough). The recipes are plenty salty, and some of the recipes run spicy! I usually make them as-instructed the first time, and then tweak spices to taste, or adjust ingredients as my fridge dictates. I highly recommend the cookbook, and the restaurant, too.

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