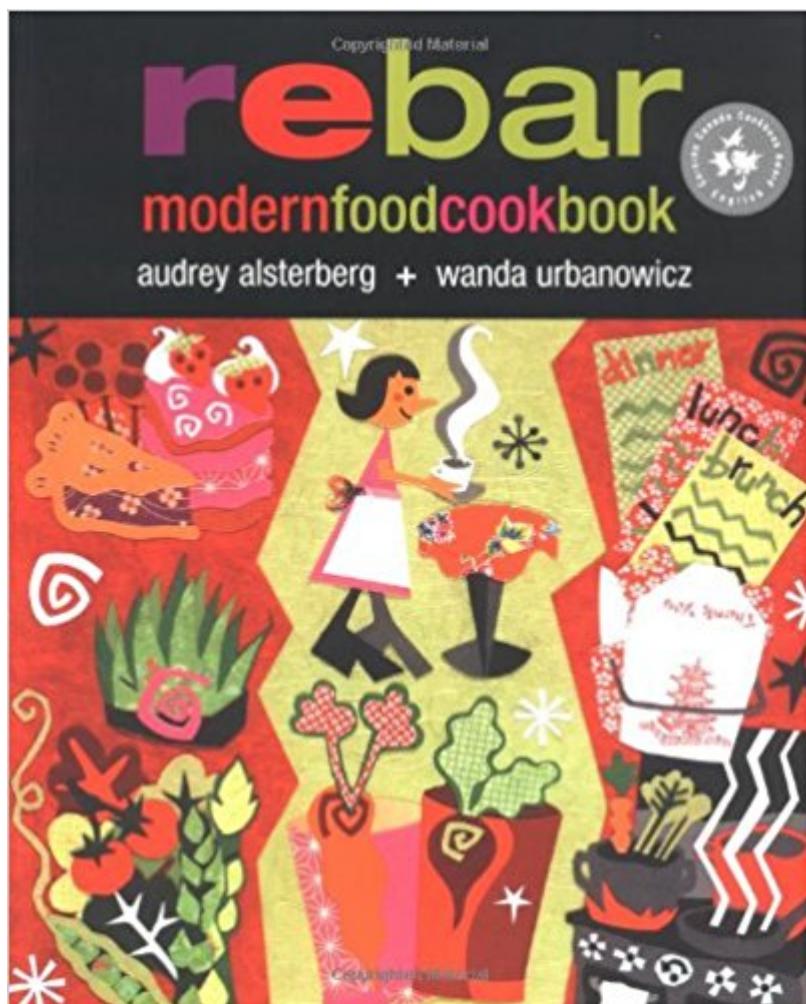


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# Rebar: Modern Food Cookbook



## **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**

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## **Customer Reviews**

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 on 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!!

This is a great vegetarian cookbook. The recipes are almost universally good (maybe a couple

duds, but we've made a lot from this book). This isn't a 'dinner in 20 minutes' book, but most recipes can be prepared in 20 minutes to one hour. For the most part, doesn't require a ton of unique ingredients. Some of the ingredients you may not already own, but are often used in multiple recipes so you don't end up with a bunch of ingredients that sit around to be used once a year. There are a few ingredients we have had trouble finding, but we just substitute those and they still turn out great. My only gripe, which doesn't affect whether you should buy the book or not, is that it can be difficult to locate recipes you are looking for. The index is not done well; for example there is a recipe called "Smokey green split pea", which cannot be found in the index under peas, green peas, split peas, soup, or even smokey green split pea. Also, there is no table of contents that lists individual recipes and page numbers- the table of contents page only lists what page each section starts on (e.g. Soup, pasta, drinks). When you flip to that section, the recipes are listed in order but without page numbers, so you still end up flipping around to find it. So that can be a little annoying, but really just shows how often we use this book. This is our favorite cookbook, with many recipes that have become staples. We've probably given this book as a gift 10 times.

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.

We recently ate at rebar and loved it! Neither my wife nor I are vegetarians, but we do enjoy vegetarian dishes. After dinner I bought a copy of the book for our daughter in law at a local bookstore in Victoria. After leaving Victoria we decided we wanted one of our own, plus one for a friend so I ordered from . We've made a few dishes and they are fantastic. Other reviews complain about hard to find ingredients, too many steps, etc. All of these are somewhat accurate, but as active home chefs, we are used to this. My complaint with the book occurred about a month after receiving. I discovered that pages 181 - 196 are duplicated and pages 197 - 212 are missing completely!! Contacted and being as efficient as they are they immediately sent me a new book, only for me to discover the same error. My friend checked their book and same thing. Telephoned by daughter in law in BC asking her to check the book we bought in Canada, and surprise, the book we bought in Canada is correct! I'm currently attempting to contact to see if I can get a book with all of the pages. Thus, I've give the complete cookbook 5 stars, but my 3 copies 1 star!

I went to a work function where we all brought a dish and someone brought a salad dish from this

book, which we all gobbled up. I purchased the cookbook shortly after tasting a soup she brought to another function and have never regretted it. I've owned this book for 2 years now and LOVE it. In fact, every person who has tasted one of the dishes from this book has gone out and bought it right after (even non-vegetarians). It's the wonderful combination of fresh ingredients and herbs that makes it. You can not fail with the recipes in this book. I have bought this book as gifts for close friends who always thank me afterwards. I could not live without the recipes in this book. I particularly like the Rustic Bread Salad, the lotusland linguine and the tofu chocolate (vegan) cheesecake. I have many cookbooks on my shelves, but this is the one I turn to first. I highly recommend it!!!! I only wish I could visit the restaurant myself, but maybe one day I will.

Several years ago we went on a pilgrimage from northern Vermont to Victoria and Rebar. It was totally worth the experience. None of the recipes in this book have failed to satisfy us, but I especially want to ring praise over the tempeh Reuben sandwiches. (Dinner the following night at the Inn at Laurel Point was pretty wonderful, too.)

I left this out just to see what my DH's daughter would say since she is vegetarian...she read it & even said she loved almost all the recipes...so, I gave it to her as an early Xmas present! She seemed thrilled. We ate there while in Victoria, BC and were really impressed...noticed a lady come in & buy 2 cookbooks, so decided to research it when I returned home. I enjoyed reading almost every recipe; but sort of chickened out of making any when the daughter was here...but, I will be ordering another cookbook for ME...I'm that convinced I'll love the recipes. I already know I love the stories that go with them.

I have made some of my favorite meals out of this cookbook. My all-time favorite is the poppyseed pappardelle with mushroom ragout. I add seitan to the recipe and it is amazing! The Greek lentil soup is hearty and the perfect blend of flavors. I also tried the cranberry hazelnut granola, which makes my kitchen smell so warm and inviting. I love each recipe that I have tried, though there are several I have not. Every week when I do my meal planning, I first pull out this cookbook because of the wonderful balance of flavors and wide array of recipes to choose from. What is particularly wonderful about this cookbook is that some recipes are quick weeknight meals and others are the longer, more involved weekend or special occasion dishes. I have yet to try some of the baked goods and desserts, though I am not much of a dessert or sweet person.

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