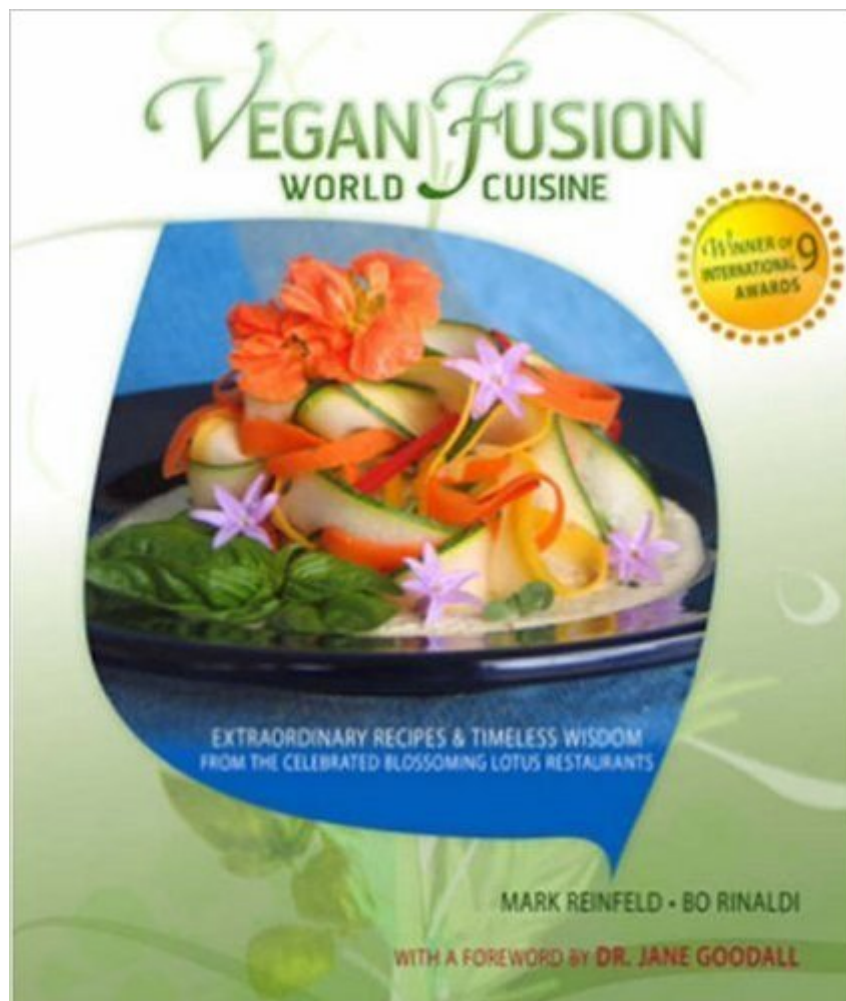


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Vegan Fusion World Cuisine: Extraordinary Recipes & Timeless Wisdom From The Celebrated Blossoming Lotus Restaurants



Synopsis

Vegan Fusion World Cuisine, a groundbreaking work that has won five national awards, is a celebration of international gourmet vegan cuisine that introduces us to the simplicity of a vibrant, healthy lifestyle. Much more than a cookbook, this artistic treasure contains stunning food photography, inspiring graphics, natural-food cooking charts and kitchen wisdom for all. A foreword by Dr. Jane Goodall highlights its aim to inspire peace and understanding amongst individuals, cultures and all who care about our planet. Vegan World Fusion Cuisine contains 200+ sumptuous recipes from the award-winning Blossoming Lotus Restaurants, uniting cooking traditions from around the world. It's an all-encompassing guide to health, beauty and an inspired lifestyle. Mark and Bo hope to awaken people to the healing potential within themselves. Beautifully presented recipes that are delicious, fun, easy to prepare, and healthy. Try some and see what happens. I'll bet your body will thank you for the rest of your life. -JOHN ROBBINS I heartily recommend VEGAN WORLD FUSION CUISINE for anyone seeking a healthier, more inspired life. -DEEPAK CHOPRA

Book Information

Paperback: 256 pages

Publisher: Beaufort Books (October 15, 2007)

Language: English

ISBN-10: 0825305845

ISBN-13: 978-0825305849

Product Dimensions: 9.9 x 8.7 x 0.6 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (115 customer reviews)

Best Sellers Rank: #776,353 in Books (See Top 100 in Books) #49 in Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii #106 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #697 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

Customer Reviews

This is one of the most thorough and user-friendly cookbooks I have used. Every possible angle has been thought out and addressed. The recipes generally utilize ingredients that I already have in stock. When a question arose regarding an ingredient, it was easily answered with the glossary. Approximate cooking/preparation times are given for all dishes. Menu suggestions are very helpful. The variety of recipes is impressive. Most are for "normal" food, not far-out, bizarre dishes

that people would be hesitant to try. The book itself is beautiful. Lushly illustrated with photos both of the foods and of peoples and places from around the world, each recipe is enhanced with quotes from various sources, which are 'slipped in' in a very palatable manner. There are many resources included for a variety of services, agencies, and organizations, relevant to vegans and lifestyle conscious people in general. A section on "preparation basics" covers cooking methods and equipment. A "soaking and sprouting" chart, as well as a chart covering the how and how much of cooking grains, are very helpful. Raw food recipes are included, in addition to complete menus and meal suggestions. Contributors to the cookbook and The Blossoming Lotus restaurant are nicely acknowledged. This cookbook combines the best features of my favorite cookbooks into one. It makes for enjoyable reading in addition to being a handy reference. I consider it to be a gift to the vegan cook, or any cook.

A book of recipes is a utilitarian thing...a simple tool to make life easier in the kitchen. Not so with Vegan World Fusion Cuisine. It does not occupy a space on my bookshelf along with the dozens of other recipe books I own. Instead, it reigns supreme on my coffee table, the only book to hold this place of honor. The "oohs" and "aahs" it elicits from vegan and non-vegan visitors alike, have become all too predictable. My husband and I place bets on how long it will take a guest in our home to become mesmerized by this book. Still, I maintain that a cookbook simply should not be so shamelessly enticing. The spectacularly vibrant photographs contained within its pages further reinforce my already obsessive love affair with food, and make me long to find myself in enchanting and magical places I've yet had the chance to visit. It's filled with subtle, exquisite beauty and not-so-subtle temptation. The vegan and living food recipes found in Vegan World Fusion Cuisine are all made with pure and simple ingredients: whole, fresh, ripe, raw fruits and veggies, nuts and seeds, unprocessed grains, unbleached flours, and unrefined oils and sweeteners. With names that are as imaginative as the multicultural dishes themselves, you can indulge in truly healthful and tasty creations. For example: Eternal Sunrise Smoothie is creamy, rich, and fruity, and the best smoothie I've ever tasted. (No kidding!) Satori Summer Rolls or Nooanda's Pistachio Blue Corn Crusted Tempeh served with Primal Peanut Sauce are as tantalizing as the names imply. Sicilian Seitan with Sundried Tomatoes and Pine Nuts makes me wonder why I ever thought that cheese was a necessary ingredient in Italian food. Star Lotus Persimmon Parfait and The Bliss of Krishna Tropical Rice Pudding deeply satisfy my almost insatiable sweet tooth. But don't be intimidated by the exotic-sounding names. All of the recipes are easy and fun to prepare! The engaging forward by Dr. Jane Goodall, inspiring quotations, brilliantly colorful photographs, and delectable multicultural

recipes all blend together to illustrate the love and devotion that was poured into the creation of this book. With the sublimely flavorful recipes from Vegan World Fusion Cuisine you can create in your own kitchen, you'll feast on foods that will nourish and nurture your body, mind, and spirit, and serve love and healing energy to your family and friends.

I loved the Blossoming Lotus in Kauai. In fact, we had our best vegetarian meal ever---rated a perfect 10. (The enchilada cassarole and the red curry plate). We bought the book while there and it is just a beautiful book to remember our trip, with pictures of Kauai and interesting information about food, etc. The good news is that the recipes are not too difficult and the food tastes great. I in fact made the enchillada cassarole with some improvisation and it tasted fantastic. I did find it to be a little more ingredient intensive than some other veggie cookbooks but certainly nothing so difficult that the dish would be ruined. I've been learning about a few combinations too along with different ways to use tofu and tahini. I wish I had a Blossoming Lotus in my town but instead I'll have to rely on my own renditions as often as I can!

This book details the route to vegan bliss. Incredible recipes and bursting with pictures from all over the world. It is just as much fun to grab this book and thumb through it for the pictures as it is to cook up the incredible, and I must say, eye pleasing recipes. As you travel the world through this book you will find ways to prepare the food of your vegan dreams. This book will also awaken your mind to the reasons to be vegan. It is more than just about your own health. The health, and perhaps survival of our planet may also rely on a move towards veganism. This book goes from soup to nuts but it also covers juice to gourmet as well. Whether you have a minute to grab something healthy to eat, or a day to lovingly prepare a special meal, this is the book. If you are not vegan...that's OK. Buy the book anyhow. This is just plain tasty food for the whole world. And this is food for life. One last thing that impressed me about this book. So many cookbooks say add "Whatzavege" or some other product you never heard of. You scour store after natural store looking for "Whatzavege" only to never find it. Not here...this book directs you to page ## and gives you the recipe to make it. Is that cool or what? Very thorough section on marinades and condiments. And even a good recipe for homemade vegetable soup stock. Well, that is all...gotta go make some Daddy Dread's Jamaican Jerk Plantain out of my Vegan World Fusion book. Spicy!

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Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean

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