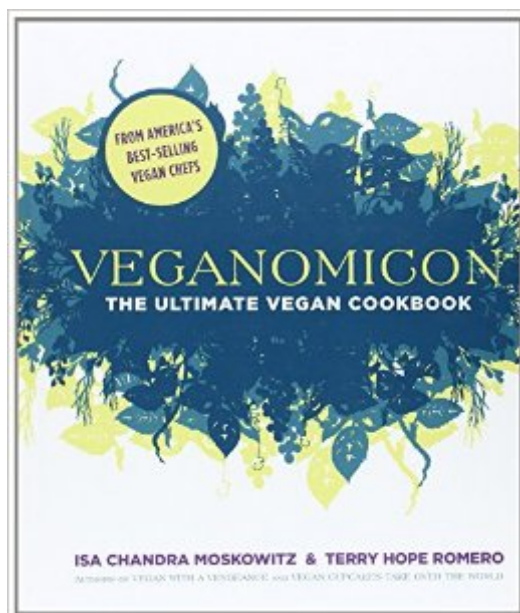


The book was found

Veganomicon: The Ultimate Vegan Cookbook



Synopsis

Who knew vegetables could taste so good? Moskowitz and Romero's newest delicious collection makes it easier than ever to live vegan. You'll find more than 250 recipes--plus menus and stunning color photos--for dishes that will please every palate. All the recipes in *Veganomicon* have been thoroughly kitchen-tested to ensure user-friendliness and amazing results. And by popular demand, the *Veganomicon* includes meals for all occasions and soy-free, gluten-free, and low-fat options, plus quick recipes that make dinner a snap. Recipes include: • Autumn Latkes • Samosa Stuffed Baked Potatoes • Grilled Yuca Tortillas • Baby Bok Choy with Crispy Shallots • Chile-Cornmeal Crusted Tofu Po'boy • Roasted Eggplant and Spinach Muffuletta • Jicama-Watercress-Avocado Salad with Spicy Citrus Vinaigrette • Acorn Squash, Pear and Adzuki Soup • Tomato Rice Soup with Roasted Garlic and Navy Beans • Asparagus and Lemongrass Risotto • Almost All-American Seitan Pot Pie • Hot Sauce-Glazed Tempeh • Black Eyed Pea Collard Rolls • Chocolate Hazelnut Biscotti • Pumpkin Crumb Cake with Pecan Streusel

Book Information

Hardcover: 336 pages

Publisher: Da Capo Lifelong Books; English Language edition (November 2, 2007)

Language: English

ISBN-10: 156924264X

ISBN-13: 978-1569242643

Product Dimensions: 8.6 x 1.1 x 10 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars • See all reviews (1,012 customer reviews)

Best Sellers Rank: #10,863 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #35 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #36 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Mine is by no means a vegan household, but how could I resist a book with this title? By the time I had found the authors' explanation, I was in love with the book: "...a big vegan cookbook needed a big vegan name. (But just to be on the safe side, don't read this cookbook backward at the stroke of midnight.)" So I checked it out of the library a month ago Shhh! I KNOW I need to bring it back!The

clever introduction makes the case that "vegan food = normal food." The authors move on to a saucy explanation of prepping and cooking terms and some ingredient-specific advice, endlessly entertaining and informative. Take polenta: "Polenta has been called many things, each more insulting than the last: cornmeal mush, grits, porridge. But it got a new lease on life in the '90s when foodies started referring to it by its proper name and charging twenty dollars a plate for it." They follow with basic polenta-cooking instructions. I had planned to browse and move on. I don't like to cook fiddly things -- no ravioli-making for me -- and I never seem to have enough of the right ingredients for vegan cooking. But what a surprise this book was! Even with no tempeh or miso on board, a quick pass through the front of the market gave me all I needed for some of these yummy recipes. We loved the Israeli Couscous with Pistachios and Apricots (confession: I used regular couscous) and the Herb Scalloped Potatoes. I was planning to make Roasted Eggplant and Spinach Muffuletta Sandwich but we ate the roasted eggplant before I got the olives. My favorite recipe so far: Jalapeno-Onion Skillet Corn Bread.

[Download to continue reading...](#)

Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Veganomicon: The Ultimate Vegan Cookbook Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) Rawsome Vegan Baking: An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes PETA'S Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over_Picky kids will try it, hungry adults won't miss meat, and holiday traditions can live on! (But I Could Never Go Vegan!) Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker The Vegan Slow Cooker: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan or Not!) Will Devour The Make Ahead Vegan Cookbook: 125 Freezer-Friendly Recipes The Candle Cafe Cookbook: More Than 150 Enlightened Recipes from New York's Renowned Vegan Restaurant The Superfun Times Vegan Holiday Cookbook: Entertaining for Absolutely Every Occasion The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing

Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets Quick & Easy
Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone
Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook)
The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss
and Help You Feel Great The Ultimate Rice Cooker Cookbook: The Best Rice Cooker Recipes
Cookbook You Will Find; Over 25 Mouthwatering Rice Cooker Recipes You Will Love! Campbell's 3
Books in 1: 4 Ingredients or Less Cookbook, Casseroles and One-Dish Meals Cookbook, Slow
Cooker Recipes Cookbook

[Dmca](#)