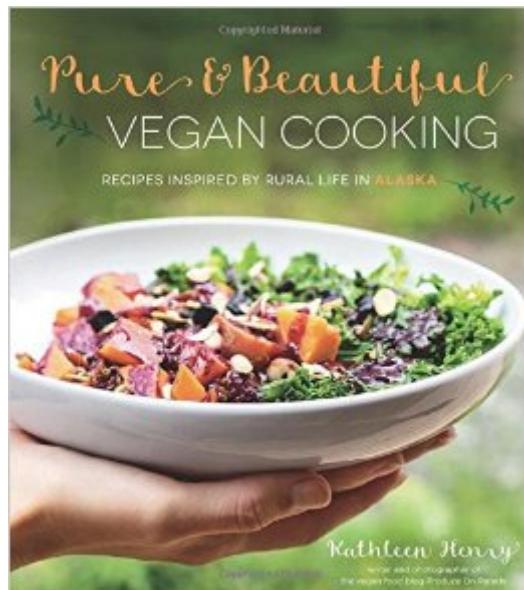


The book was found

Pure & Beautiful Vegan Cooking: Recipes Inspired By Rural Life In Alaska



Synopsis

Fresh, Delicious Recipes from an Alaskan Vegan Kitchen Pure & Beautiful Vegan Cooking is a cookbook that speaks to your heart and soul, helping you to connect with others, the earth and yourself as you prepare beautiful, wholesome meals. Kathleen Henryâ™s cooking is inspired by the pure and nourishing abundance of rural Alaska, where she was born and raised. The result is an incredible collection of 80 recipes that highlight plant-based, whole-food and seasonal ingredients, so you can be kind to your health and the environment. The recipes are versatile to any occasionâ• whether itâ™s a quick weeknight dinner, a large gathering with friends or a quiet morning on your ownâ• and theyâ™re so delicious youâ™ll come back to them again and again. Inside youâ™ll find recipes like:- Caramel Banana-Oat Pancakes- Creamy Rosemary Chickpea Pasta- Baked Sage Risotto with Mushrooms & Chard- Vegetable Chowder with Arugula- Sweet Potato Beet Burgers- Walnut-Chickpea Tacos with Chipotle Aioli- Chai-Spiced Ginger Muffins- Wild Blueberry, Rhubarb & Hazelnut Crisp Whether youâ™re a vegan, vegetarian or omnivore, the down-to-earth recipes and stunning photography in Pure & Beautiful Vegan Cooking will help you eat well and lead a compassionate, healthy life.

Book Information

Paperback: 208 pages

Publisher: Page Street Publishing (April 12, 2016)

Language: English

ISBN-10: 1624141994

ISBN-13: 978-1624141997

Product Dimensions: 8 x 0.5 x 8.6 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (25 customer reviews)

Best Sellers Rank: #134,147 in Books (See Top 100 in Books) #18 inÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Northwest #313 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Some of my favorite vegan cookbooks were written by bloggers â“ Vegan with a Vengeance (by PPK legend Isa Chandra Moskowitz), Vegan Yum Yum (by Lauren Ulmâ™s charming blog of the same name) and Vegan Crunk (by Memphisâ™s own âœCrunk Master Bâ• aka Bianca Phillips). After cooking half dozen recipes from this amazing new book, I can honestly say it has now joined

my personal pantheon of all-time greats. The downfall of many vegan recipes is that they include pre-packaged ingredients that might be difficult to find, giving the impression that veganism is some sort of boutique diet and giving up animal products is only for folks with money and access to high-end grocery stores, like Whole Foods. But in the introduction to *Pure & Beautiful*, Kathleen Henry makes a point of saying that she lives in rural Alaska, far away from any Whole Foods or health food store, so must use easy to find ingredients for her delicious, nutritious meals. This truly is the perfect marriage of both the vegan and clean eating diets. So now - on to the recipes. I tried to make things with stuff I had on hand. Yes, I am the sort of person who has a can of curry paste in the pantry and a tub of red miso in the fridge, but they're about the only two ingredients that seemed a bit out of the ordinary to me (at least in the recipes I chose to make). And honestly, the only single thing I had to purchase special were a bunch of beets. Also, I made some minor substitutions here and there, as noted. 1) Red Lentil Soup with Quinoa, Lemon and Mint (p. 90). This was utterly transcendent. I had my sister over for dinner to try this. She and my husband both loved it. She said it was surprisingly hearty and he said it was a restaurant caliber.

Fantastic recipes with even better photography. The rich and detailed imagery provided throughout almost make this a coffee table book. If only it were hard cover. There are a variety of recipes and cooking styles represented here. Everybody will find something to make. We have a set rotation of styles after the form of "taco Tuesday". We go through new cook books trying out things we have never made for "freaky Friday". This book is great for that. The nice thing about having a set adventurous dinner night, is that you continually get new "keepers" to put into regular rotation. Keeping healthy eating from becoming boring is essential. I am a breakfast guy, so one of the first things I always try is the "scramble". All of these books have one. The addition of chili powder to Kathleen Henry's recipe, really gave it some pop. Paired with the toasted potatoes, this will be a weekend staple for a long time to come. There are lots of "bowls" here as well, with a sampling of simple dishes paired into a one-bowl meal. If you usually get a bowl when you go out, or hit the food trucks, you will find a lot to work with here. These bowls don't require waiting to be seated, and that's a huge win. Of note, as the other reviewers have already stated, the Walnut-Chickpea tacos. Rather than just restate what others have said about how good they are, (and they are) There is another important point to be made about the format. Throughout the book, are useful tips that keep your cooking grounded in the real world. At the end of the taco recipe mentioned above is a note to use the leftover chickpeas (if you opened a can) for a simple toast spread.

[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) Pure & Beautiful Vegan Cooking: Recipes Inspired by Rural Life in Alaska Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes 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) Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes Pure Love, Pure Life: Exploring God's Heart on Purity Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel Rawsome Vegan Baking: An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes Best of the Best from Alaska Cookbook: Selected Recipes from Alaska's Favorite Cookbooks (Best of the Best Cookbook Series) Alaska's Magnificent Eagles (Alaska Geographic,) Exploring Alaska's Birds (Alaska Geographic) Edible Mushrooms of Alaska (The Mushrooms Of Alaska) 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!) The Vegan Slow Cooker: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan or Not!) Will Devour PETA'S Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School A Rural Old Lady's Cookbook for Pork: 150 Recipes for Successfully Cooking Like Your Grandma Did Pure Artistry: Extraordinary Vegan and Gluten-Free Cakes 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)

[Dmca](#)