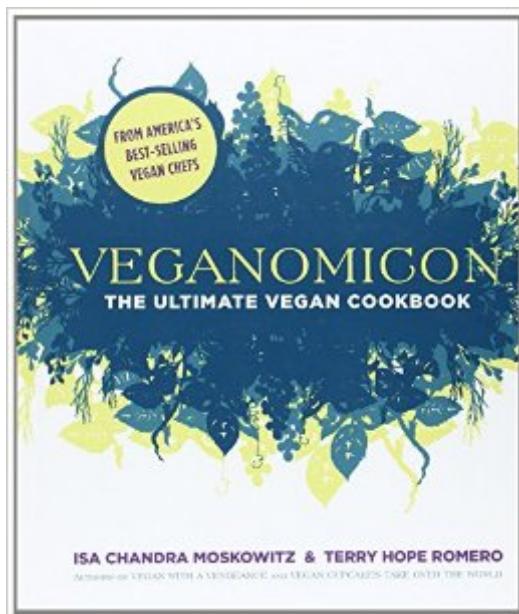


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Veganomicon: The Ultimate Vegan Cookbook



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 Poâ™ 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

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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.

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