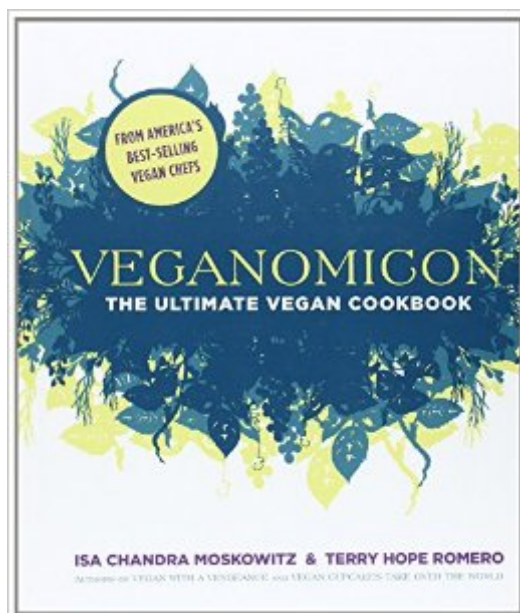


The book was found

# 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](#)