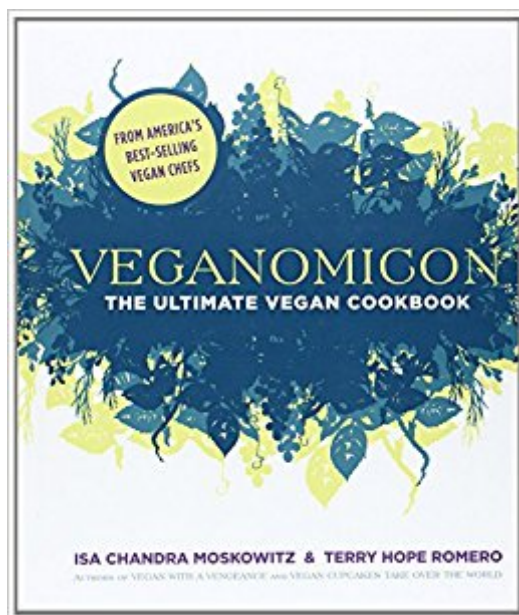


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# Veganomicon: The Ultimate Vegan Cookbook



## 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 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

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## Customer Reviews

Starred Review. While most vegan cookbooks are anemic, underfed volumes-some no-brainer pasta recipes, a few things to do with tofu, maybe some oddball desserts-this slam-bang effort from vegan chefs Moskowitz and Romero (*Vegan with a Vengeance*) is thorough and robust, making admirable use of every fruit and vegetable under the sun, without once asking readers to make do

with fake meat products and egg replacements. Instead, the eccentric authors offer dozens of novel, delicious ways to get excited about eating meat-, dairy- and egg-free. Take Southwestern Corn Pudding, a winning casserole rich with coconut milk and an unexpected dash of maple syrup-a likely MVP at your next Thanksgiving (whether it's centered around turkey or tofu). Almost as addictive are Rustic White Beans and Mushrooms, which get their bite from fresh herbs, and Lentils and Rice with Caramelized Onions and Spiced Pita Crisps, a transcendent Middle Eastern comfort food. Vegan breakfasts get overdue attention: sitting in front of a hot stack of velvety Blueberry Corn Pancakes and hearty Blue Flannel Hash, who's going to miss the bacon? Best of all is the wide selection of terrific desserts: everything from Chewy Oatmeal Raisin Cookies to decadent Caramel-Apple-Spice Cupcakes boldly fill the space where most eggless, milkless and butterless cookbooks fear to tread. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"These two very real and very sassy food-obsessed women have put together a cookbook that you wish your mom cooked from when you were growing up. The recipes are seriously delicious and, for the most part, uncomplicated." —Buffalo Spree

As a "foodie" who has learned how to cook from many different people/cultures/traditions, I rarely have good luck following a recipe. Typically I read several different versions or themes and then experiment and "make it my own". Friends and family ask me for my secrets, tips, recipes and I get glowing reviews almost all the time. The only times I have "failures" is when I follow a recipe to the letter. So I am always reluctant to purchase a cookbook that would just collect dust and disappoint. However I kept running across blog entries mentioning recipes from this cookbook (without divulging the secrets) so I decided to splurge and see for myself what it was all about. I've only made a few things but all were satisfactory. (Unlike the one recipe I followed from the "Plant Pure Nation" cookbook - not even the dogs would eat that nasty Mushroom Stroganoff.....) My room mate doesn't cook but said that the detailed explanations and instructions were clear concise and made sense to her. Looking forward to trying more from this book.

Disclaimer: I have just started down the vegan road and have very little experience with preparing vegan food so my review in no way reflects the quality of the recipes in this book. I have heard sooooo many good things about this cookbook that I decided to buy it. The book arrived in a day and was slightly damaged from improper packaging. I opened the book and began flipping through

the recipes when I realized...NO PICTURES! For me, being a beginner, this was the worst thing that could be missing from a cookbook. There were a few pages of pictures in the middle of the book that I would guess were pictures of the "popular" recipes but this just isn't the format that I wanted or that I would buy, especially for a cookbook. Maybe I will revisit this cookbook after I have some experience cooking vegan food.

This book has so many ideas to experiment ! You can be sure that any recipe you try, will come out wonderfully ! Instructions are clearly written. There are no super difficult to find ingredients in these recipes and many recipes suggest variations. I only wished the book had some photos to make the recipes more eye catching and also for inspiration and appeal. Still I wouldn't take out a star because of that, since it really has so much excellent content.

I did not previously think it was possible to make a really good cornbread without dairy and eggs, and had tried a few that were pretty dreadful. The Skillet Cornbread recipe in this book is brilliant. The magic touch is apparently putting some cider vinegar in some soy milk for a few minutes, and then adding it to the dry ingredients. The resulting bread has a wonderful texture and great complex flavor. I look forward to exploring the rest of the book. Although the book is full of very interesting recipes, I was a bit disappointed by the handling of beans throughout the book. The section at the beginning about different kinds of beans and how to prepare them is ok, but the cross-referencing to the rest of the book is inadequate. If you're serious about quality, you're going to cook a pound of dried beans properly, and then use them in various ways. A good bean list with page number references to associated recipes would have been very helpful. Instead, the book is full of recipes telling you to use 15 oz. canned beans, with a little remark about how many cups that should be, which is where I first began to discover the various editing errors in the book, since the "about 1/2 cups" that I found on one recipe makes very little sense for 15 oz. canned beans, although more often one sees "1 1/2 cups", which seems correct. But seriously, do you really want to use canned kidney beans? As another reviewer pointed out, there really should have been a much more thorough proofreading of this book before rushing it to print. It appears to need human proofreaders, not just a software-based spelling checker, in which case they might have caught this blooper in one recipe: "(white whole wheat flour is best)".

I've been cooking for a few years now, after my wonderful mother and her delicious cooking inspired me to make my own creations. However, I'm relatively new to vegan cooking, and I was looking for

something that would help me create delicious vegan foods that would make my fiancé mostly ok with no meat in the house. Every recipe I have tried from this book has turned out delicious! The foods are beautiful and taste so wonderful. The authors are also HILARIOUS. They throw in jokes every once in a while throughout the book and their refreshing sense of humor just adds to the wonderfulness that is this book. The only issue (not even really an issue, though, in my opinion) is that a lot of the recipes require a lot of ingredients and can be very time consuming. These are definitely mostly recipes that may be best suited for nice dinners or when you want to impress guests. I find myself not wanting to take an hour + to prepare dinner every weeknight, but I try my darndest!

I get a lot of inspiration from this cook book over the years! One downside is the use of oil in much of the recipes, but you can omit. I liked reading everything in the book because the author's personality definitely shines through on this one.

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