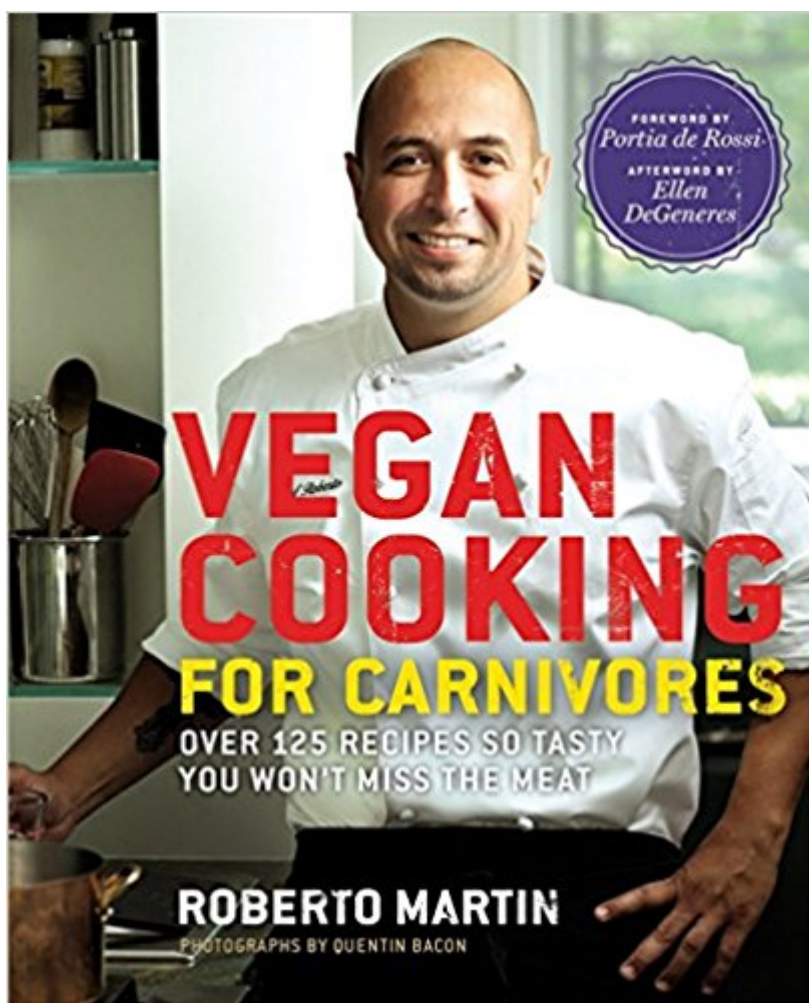


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# Vegan Cooking For Carnivores: Over 125 Recipes So Tasty You Won't Miss The Meat



## Synopsis

Ellen DeGeneres' personal chef, Roberto Martin, shares over 125 delicious vegan recipes he's created for Ellen DeGeneres and Portia de Rossi that he hopes will make healthy vegan cooking accessible and easy for everyone. Portia de Rossi explains in her foreword, "Roberto taught me that the key to making good food vegan is substitution...you can enjoy all your favorite foods and never feel deprived." Some of the standouts Martin, a Culinary Institute of America-trained chef, has developed for Ellen and Portia include: Banana and Oatmeal Pancakes, Avocado Reuben, Red Beans and Rice, "Chick'n" Pot Pie, and Chocolate Cheesecake. Featuring mouthwatering photographs by award-winning food photographer, Quentin Bacon, this cookbook will appeal to die-hard carnivores and vegetarians alike.

## Book Information

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## Customer Reviews

"A treasure...The beauty that leaps from the pages of this wonderful book is a hint of how beautiful you'll feel when you try these recipes. Each one carries familiar tastes to a whole new level. A perfect introduction to healthful, conscious cooking." --Neal D. Barnard, MD New York Times bestselling author and Adjunct Associate Professor of Medicine, George Washington University School of Medicine

Roberto Martin grew up in a Mexican-American family of 15. While in college he worked in a restaurant, fell in love with cooking and attended the Culinary Institute of America. He became a personal chef to celebrities, and has focussed on nutrition and health. Now he cooks exclusively

vegan meals for Ellen DeGeneres and Portia de Rossi. He appears frequently on The Ellen DeGeneres Show and on the show's website.

Vegan Cooking for Carnivores by Roberto Martin is a good primer for those interested in learning the basics of vegan cooking. Martin covers breakfast, lunch, dinner, sauces and snacks. Trained at the Culinary Arts Institute, he has no formal training in vegetarian/vegan cooking. When Hired by Portia and Ellen to be their personal chef, he simply adopted both his and their favorite recipes into vegan dishes. This is the most valuable take away from the book--that many (my words--not all recipes can be converted)meat or dairy based dishes can be made vegan when you learn what plant based ingredients can be substituted for meat or dairy.Martin uses tofu, beans, faux meat substitutes, vegan mayonnaise, butter and cheese, and milk substitutes like soy and almond to make dishes that will appeal "to carnivores." He does not include a recipe to make your own seitan--a basic vegetarian protein--however. In other words, he keeps it simple.Most of the recipes are easy with no cumbersome list of ingredients...that said, for those of you who might like to be more adventurous, this might not be for you. This cookbook is a primer...seasoned vegans may still get something out of it, but it is aimed at beginners or people who like to eat simply.Breakfasts include different pancakes, waffles, tofu scrambles. I was surprised that I didn't see any smoothies. All looked good and would appeal to most.Lunch included a good basic recipe for tofu egg salad--tofu, pickles, scallion, celery, vegan mayo, mustard...I tried the grilled vegetable sandwich and it was quite good. (Although he goes to great lengths to make the French bread just right....I would do it much more easily.)Some really nice sauces like chipolte cream....Apparently, his Red Beans and Rice dish are Portia and Ellen's favorite...they have it every Monday. I haven't made it yet, but it look quite good--batsmati rice, beans, faux sausage, some veggies and spices. Easy and easy to get ingredients.I did try the Mexican style rice and beans with tomato and avocado to be eaten with tortillas and it was delicious.He recommends store bought vegetarian stock for many of his recipes and while it is good, I would recommend making your own. It isn't difficult--save your veggie scraps--freezing them until you have a nice pile. Boil them for an hour or so, discard solids...voila! Stock! freeze in 1-2 cups containers. Much, much better than anything you can buy.Overall, I liked this book, and recommend it for people trying to add more veggie based meals to their lives.Author, Harmonious Environment, Beautify, Detoxify & Energize Your Life, Your Home & Your Planet

Some innovative recipes. I did like the pictures and ideas. I did find most meals are pretty time

consuming, so if you do not have a lot of time not idea. Some suggestions of cheese include specific brands that I do not personally like. Other food items incorporate alternative meat substitutes, which I feel I can come up with recipes like this on my own. I would have liked to see more soy free alternatives or cooking with fresh vegetables in exchange for soy product or processed items.

This is my "go to" recipe book. The Faux Pho has been the entertainment meal for several of our guests. We and they love it! the Rosemary White Bean soup has fed us many winter nights. The veggie fried chicken was rather good and the list goes on.

I first got this book at the library just to flip through (as I often do with cookbooks), but so many things looked good and doable that I decided to buy it. We are vegetarians, but not vegan, and this inspired me to try a few more vegan meals and see how it goes. So far, I've made the Barley & Kale salad with Strawberry Vinaigrette. Very good. I had some left over, so the next day I wrapped it up in a tortilla and ate it as a wrap, and that was delicious. Looking forward to trying more of the recipes soon.

Great book, good variety of recipes to show that sprouts aren't the only things you can eat. A bit tricky for me in Norway since we clearly do not have the same variety of meat and dairy substitutes to choose from, but still most of the recipes can be recreated. I love that with proper ingredients you can still have pancakes, spring rolls and fancy desserts. Lovely photos and easy step by step instructions. I miss though quick, easy, on-the-go dishes that don't take more than 5 minutes to prepare. For those times when you have no minute to spare for cooking, or know that you won't be able to find a place to have a vegan lunch at. On the whole really great book, and I would definitely recommend buying if you are stuck between 3-4 vegan dishes and are in dire need of some creative inspiration :) Even if you don't end up making every single dish out of it, it gives a great insight into what vegan cooking can be and how fun it can be!

This is my new favorite vegan cookbook. I have yet to try a recipe out of here that I haven't liked and this cookbook has turned my cheese-loving lacto-vegetarian husband into a vegan believer. It's true that Roberto Martin uses a lot of processed vegan food items in his recipes, but I personally do not have a problem with this. It's not like I cook out of this cookbook every single night of the week (although I want to!). Actually for a really long time I've been very reluctant to try fake cheese and

meats, but this cookbook has shown me they can actually be amazing when they're used the right way. And no offense to other vegan cookbooks, but (true to its title) this is the first one that I've found with recipes that not only satisfy, but even fool non-vegans. My parents still don't believe that the mac n' cheese is completely dairy free and my co-workers swear that's real sausage in the red beans and rice. The other things about these recipes is that they're very easy and very versatile. You could easily use many of these recipes to experiment with and make into your own creations. But for those of us that are less creative, Martin gives variations for several recipes. For example, not only does his recipe for plain cheesecake rock, but he also tells you how to make pumpkin cheesecake, chocolate cheesecake, berry cheesecake, and Kahlua cheesecake! There are all types of vegans out there, but I think this cookbook would be really useful to someone who needs to cook for non-vegans, someone who really misses dishes that traditionally use meat or dairy, or someone who is new to the vegan diet.

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