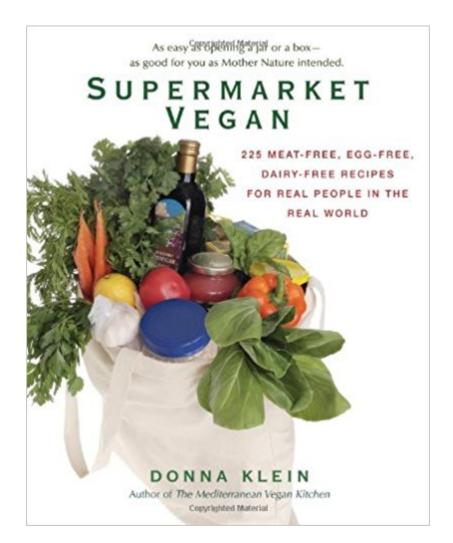


The book was found

Supermarket Vegan: 225 Meat-Free, Egg-Free, Dairy-Free Recipes For Real People In The Real World





Synopsis

An all-new collection of delicious, simple vegan dishes using easy- to-find, readily available ingredients-going vegan has never been easier. The author of The Mediterranean Vegan Kitchen shows readers how to use readily-available ingredients to create healthy, delicious, simple, low-cost, and elegant family vegan meals, including: ?More than 225 meat-free, egg-free, dairy-free recipes for appetizers, soups, salads, main courses, side dishes, beverages and desserts ?No expensive and suspect meat, egg, or dairy "substitutes" ?Helpful preparation tips ?Comprehensive nutritional analysis of every recipe

Book Information

Paperback: 176 pages Publisher: TarcherPerigee; Original edition (January 5, 2010) Language: English ISBN-10: 0399535616 ISBN-13: 978-0399535611 Product Dimensions: 7.5 x 0.5 x 9.1 inches Shipping Weight: 12 ounces (View shipping rates and policies) Average Customer Review: 4.5 out of 5 stars 138 customer reviews Best Sellers Rank: #119,567 in Books (See Top 100 in Books) #71 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #453 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #492 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

Donna Klein, a food writer who has contributed to The Washington Post, Vegetarian Gourmet, Veggie Life, The Herb Companion, and Yoga Journal, studied French regional cooking at Le Cordon Bleu, Paris.

This is one of the easiest and most accessible vegan cookbooks I've ever seen. I'm not a vegan, but I want to make more of my meals meat-free for health and monetary reasons. I date a vegetarian, too, and I wanted more things we could eat together. I was very pleased by this book -it fits the bill on all counts.Often vegan cookbooks have the goofiest, weirdest flavor combinations possible (think "The Adventures of Captain Cumin and His Loyal Sidekick Agave Nectar"), are prohibitively ethnic, or feature ingredient lists you won't find anywhere on the planet except mail order from Kaly's or the fanciest Whole Foods-ish supermarkets if you fortunately happen to live somewhere really trendy. I'd utterly despaired of finding a cookbook that actually looked like how normal people ate. While it does expect that your supermarket is reasonably well-stocked, meaning that if you live in Schoenschoen, Kansas, you might have some problems finding its ingredients, I didn't see anything really out of the ordinary in it. Moreover, there weren't any ingredients in it that I had not at one time actually purchased at my local supermarket here in Idaho.Best of all, the recipes were quite good. I've already made several things in it, including a barley and lentil bean dish that tasted really good and will be making a future appearance on my table. Some of the recipes I made I did some big substitutions, but they really do lend themselves to experimentation and I didn't suffer for the lack of this or that in the larder. If you're missing something, chances are you have something else that'll work in a given recipe just fine. The science sounds somewhat outdated, namely in the "complete proteins" arena; the author puts a whale of a lot of stock in the concept but I was under the impression that it wasn't the end-all be-all she was claiming, but maybe that's just how I read her introductions. The food itself is marvelous and looked very nutritious. Seasonings are kept to a light hand. She uses whole grains, but also a lot of convenience foods like canned goods. I didn't notice much in the book that'd require an unusual amount of cooking time or prep work. Some party foods are also introduced and I liked how she got around the whole cheese and dairy situation for dips and other finger foods. All in all, I haven't ever seen such an easy to use vegan cookbook. Definitely recommend for beginners and even for old-timers, and for those who have to avoid dairy products for health reasons.

Do you ever get to the point when you don't have a lot of time, you want something good and you just can't think of what to make for dinner even though you have a gazillion cookbooks? That's where I was before I purchased this book; I'd have an hour or so til dinner, and didn't have time (or energy) to go to more than one store and all my usual dinner recipes were starting to sound boring. Well, I ordered this book and I think I've used it more than any other vegan cookbooks so far and that's saying a lot because over the years I've collected close to 40 vegan cookbooks. Donna Klein has come up with a real winner this time. The thing I like best about this book is that she uses no fake meats, vegan cheeses, tempeh or seitan. It's not that I don't like those things, it's just nice to be able to find all of her ingredients in a regular supermarket rather than running to the health food store or other specialty shop for ingredients. She uses a lot of quick cooking grains and rice and instead of telling you to soak your beans overnight and then cook them for an hour, the recipes are made to use cans of beans in the popular sizes. And all the beans can be found in a regular

supermarket, no adzuki beans or French lentils. Of course you can always substitute the more exotic beans if you happen to have them on hand. There are a lot of imaginative recipes and most take 45 minutes or less including cooking time. Most also have 10 ingredients or less and those include the salt and pepper if you're using them. Even using common ingredients she manages to come of with some creative recipes to wake up your taste buds. Some of my favorites so far are Orzo with Curried Chickpeas and Raisins, (You can also make it with barley), Jamaican-Style Black Bean and Coconut-Cornbread Bake, Gnocchi with Roasted Red Pepper Sauce, Chilled Chinese-Peanut Noodles, Cincinnati-Style Chili Mac, and Southwestern-Styple Sweet Potato and Black Bean Salad. So far, everything I've tried could be served to non-vegans and I don't think they'd ever realize it was part of a plant based diet. Each recipe shows nutritional information. I really like the way she divides up the sections between Glossary of Ingredients, Appetizers and Snacks, Soups, Stews & Chilis (with further division between lighter and heartier soups), Salads, both first course and dinner-type salads, Sandwiches, Wraps, Pizza, Breads, Pasta and Noodle Dishes, Main-Dish Vegetable, Grain, and Legume Combos, Side Dishes and Slaws, and Desserts. It makes it so easy to find just the right recipe depending on how heavy of a meal I'm planning and the types of ingredients I want to include. The index at the back is great for looking up recipes that include a specific ingredient that you might have on hand and want to use up. Two thumbs up for this excellent cookbook!

I am in love with the Brown Rice Salad With Apples, Celery, Raisins, and Walnuts on page 50. I made a half size portion the first time- which was foolish of me. It keeps well in the fridge and is totally delicious and even looks festive. I have also made the Jamaican-Style Rice and Corn on page 103 and it's quite good, but since I have no personal aversion to fake meat, I believe it would bring it up a notch to brown sliced vegan sausage and add it to the dish. I have started a collection of vegetarian/vegan cookbooks. So far, this one and Color Me Vegan have had the most use. I am actually a flexetarian, but I try to maintain 80% plant-based meals for health and for the animals and the planet.

Download to continue reading...

Supermarket Vegan: 225 Meat-Free, Egg-Free, Dairy-Free Recipes for Real People in the Real World Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Egg Recipes: 50 Delightful Egg Recipes for Your Everyday Meals: Egg Cookbook, Egg Recipe Book, Best Egg Recipes, Delicious Egg Recipes, Frittata, Quiche, Omelette Recipes and More!

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) The Chinese Vegan Kitchen: More Than 225 Meat-free, Egg-free, Dairy-free Dishes from the Culinary Regions of China Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat: The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Smoking Meat: The Best Recipes Of Smoked Meat: Unique Smoking Meat Cookbook [Top 25 Most Delicious Smoked Meat Recipes] (A Barbecue Cookbook) (A Unique Barbecue Guide) (25+2 Best Recipes) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) Caribbean Vegan: Meat-Free, Egg-Free, Dairy-Free, Authentic Island Cuisine for Every Occasion Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smooties) Mug Cake: The Ultimate Vegan Mug Cake Cookbook: Quick, Easy and 100% Vegan (mug recipes, vegan cookbook, dairy free) (Love Vegan Book 7) Dessert Vegan Box Set 2 in 1: 150+ Ice Cream Vegan and Chocolate Plant-Based Vegan Recipes that are Dairy Free for Easy Rapid Weight Loss for Beginners ... crockpot and cast iron; vegan bodybuilding) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget (Forks Over Knives, Crockpot, Slowcooker, 80/10/10 Diet, Raw Till 4, gluten free, dairy free) ... diet, high protein, low fat, gluten free)

Contact Us

DMCA

Privacy

FAQ & Help