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Food52 Vegan: 60 Vegetable-Driven Recipes For Any Kitchen (Food52 Works)



Synopsis

An essential collection of hassle-free, vibrant vegan recipes, from the author behind Food52's wildly popular The New Veganism and Vegan Lunch columns. Omnivore or vegan (or anywhere in between), we're all looking for memorable, flavorful dishes to cook for ourselves and the people we care about. If those recipes happen to be healthful, nourishing, and friendly to vegetarians and vegans, even better. With her wildly popular New Veganism column on Food52, Gena Hamshaw has inspired home cooks to incorporate plant-based recipes into their everyday routine and even gained some nutritional yeast and cashew cheese converts. This vibrant collection of all-new recipes plus beloved favorites from the column along with exquisite photography and helpful tips throughout will show all of us innovative ways to cook with fresh produce and whole foods. From Savory Breakfast Polenta to Cauliflower and Oyster Mushroom Tacos to Ginger Roasted Pears with Vanilla Cream, these recipes are delicious, dependable, and deeply satisfying. Cook from this book just a couple of times and you'll soon find yourself stocking up on coconut oil, blending your own nut milks, seeking the sweetest tomatoes at the market, and looking at plant-based dishes in a whole new way.

Book Information

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Customer Reviews

In one timely and terrific volume, Gena Hamshaw and Food52 celebrate the versatility and breadth of what is possible in plant-based cooking. This is vibrant, delicious, crowd-pleasing food

made from real ingredients-â "food that also happens to be vegan. Itâ™s an inspiring book for anyone looking to work more veg-centric meals into their repertoire.â • â "Heidi Swanson, author of Near & Far and Super Natural Every Day

GENA HAMSHAW, who has written the New Veganism column on Food52 since 2012, is a certified clinical nutritionist and the author of the book Choosing Raw. Gena has been published in O Magazine, VegNews, and Whole Living Daily. She lives in New York City, where she is completing her masters degree in nutrition at Columbia University and leads workshops and cooking classes. Founded by Amanda Hesser and Merrill Stubbs in 2009, Food52 has become the premier online community for cooks of all levels, with more than thirty thousand recipes, a hotline, and a kitchen and home shop. It was named Best Food Publication at the 2012 James Beard Awards and Best Culinary Website at the 2013, 2014, and 2015 IACP Awards.

So far I have only made one dish from this cookbook, but it was great! Yes, there are recipes that are also on their site (as is the case with all of their other cookbooks as I've heard, and as they have stated on their website) but it has some great new ones too. If you are a visual person like me you will love the pictures - there are pictures beside every recipe (excluding the basic starter recipes in the back) which I find quite rare in cookbooks.

The photos in this cookbook are beautiful and tasteful, and the recipes are simple, vegetable-focused, and appealing to anyone who likes to really taste the food they're eating, rather than the over-stimulating and over-processed foods so many people in the US are accustomed to. I have only made one recipe so far--oven roasted chickpeas--and vegans and carnivores alike agreed that they were delicious and addictive! Looking forward to making many more.

I took a cooking class with Gena in Austin, Texas and found her cookbook online. It is fabulous! Every recipe is unique and delicious. I'm not Vegan but eat 80% vegetables/20% protein. The cookbook provides so many great recipes and I'm having fun learning new combinations. In the past, I'd roast or make salads but I've now got some new techniques and skills up my sleeve.

Great Recipes, I am not a vegan but I wanted to try something new and the recipes in this book are great...I didn't even miss the meat.

This book was a Birthday gift for my "vegan" friend, he loved it!! I had it mailed directly to him and there was no problem whatsoever. I usually send my friend books for the special occasions in life, I will continue to do so now more than ever because of the convenience and quality of service, I'm hooked!

One of the best and practical vegan cook books I have used. I have given away four more as gifts.

Fabulous recipes. Format with beautiful photos and layout makes recipes easy to read and follow.

Mostly unfussy recipes with abundant flavor. Well worthwhile for anyone searching to add more plant-based foods to their diet.

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