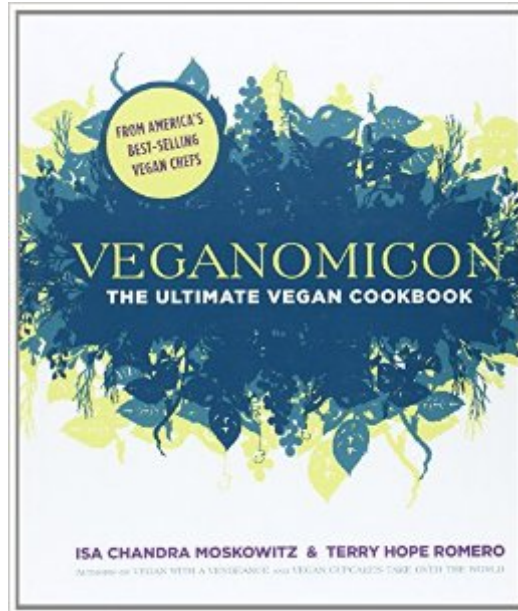


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# Veganomicon: The Ultimate Vegan Cookbook



## 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

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.

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