

## Vegan Street Food Foodie Travels From India To Indonesia

Karoline Jönsson made her breakthrough in 2012 when her vegetarian food blog **NEW YORK TIMES BESTSELLER** • The author of *Plenty* teams up with Ottolenghi Test Kitchen's Ixta Belfrage to reveal how flavor is created and amplified through 100+ super-delicious, plant-based recipes. **IACP AWARD FINALIST** • **NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review** • NPR • The Washington Post • The Guardian • The Atlanta Journal-Constitution • National Geographic • Town & Country • Epicurious "Bold, innovative recipes . . . make this book truly thrilling."—The New York Times Level up your vegetables. In this groundbreaking cookbook, Yotam Ottolenghi and Ixta Belfrage offer a next-level approach to vegetables that breaks down the fundamentals of cooking into three key elements: process, pairing, and produce. For process, Yotam and Ixta show how easy techniques such as charring and infusing can change the way you think about cooking. Discover how to unlock new depths of flavor by pairing vegetables with sweetness, fat, acidity, or chile heat, and learn to identify the produce that has the innate ability to make dishes shine. With main courses, sides, desserts, and a whole pantry of "flavor bombs" (homemade condiments), there's something for any meal, any night of the week, including surefire hits such as Stuffed Eggplant in Curry and Coconut Dal, Spicy Mushroom Lasagne, and Romano Pepper Schnitzels. Chock-full of low-effort, high-impact dishes that pack a punch and standout meals for the relaxed cook, Ottolenghi Flavor is a revolutionary approach to vegetable cooking.

Explore exciting new recipes from the streets of India's four biggest cities.

Meatless meals revamped by the Cinnamon Snail, the vegan food truck with a cult following. What's the secret behind the Cinnamon Snail's takeover of New York City streets? In all kinds of weather, vegetarians, vegans, and omnivores alike queue up for addictive vegan cuisine from truck owner Adam Sobel. Now Adam brings his food straight to your kitchen, along with stories of the challenges of working on a food truck while still finding ways to infuse food with imagination, love, and a pinch of perspective. Street Vegan brings the energy and passion of the Cinnamon Snail's creative cooking from truck to table, including:

- Breakfasts: Fresh Fig Pancakes, Fried Dandelion Greens with Lemon Garlic Potatoes, Poached Pear-Stuffed French Toast
- Beverages: Vanilla Sesame Milk, Cucumber Ginger Agua Fresca, Peppermint Hot Chocolate
- Soups and Sandwiches: Korean Kimchi Soup, Jalapeño Corn Chowdah, Brown Sugar-Bourbon Glazed Seitan, Gochujang Burger Deluxe
- Veggies and Sides: Lemon-Soy Watercress, Maple-Roasted Kabocha, Horseradish Mashed Potatoes
- Desserts and Donuts: Roasted Mandarin-Chocolate Ganache Tart, Pine Nut Friendlies, Rum Pumpkin Chiffon Pie, Vanilla Bourbon Crème Brûlée Donuts, Cinnamon Snails

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David Frenkiel and Luise Vindahl are the new faces of exciting vegetarian food. Their Green Kitchen Stories blog has a cult following and continually inspires people around the world to cook super-tasty, healthy vegetarian recipes using only natural ingredients. In *The Green Kitchen* they delight meat-eaters and non meat-eaters alike as they share over 100 of their favourite family recipes. Combining everyday pantry staples with fresh, in-season produce, David and Luise tell the stories of their family kitchen, affirming just how easy it is to create nourishing, well-balanced dishes on a daily basis. Learn how to whip up herb and asparagus frittata for breakfast, fennel and coconut tart for lunch, and beet bourguignon for a supper to share with friends. Have your cake and eat it too with the nutritious frozen strawberry cheesecake on a sunflower crust, or indulge in the double chocolate raspberry brownie. Discover an array of soups, salads, juices and small bites that are simple to make but bold in flavour and stunning in presentation. Start your love-affair with vegetarian eating with *The Green Kitchen*. Featuring gorgeous photography throughout, this beautiful cookbook will inspire everyone to cook and eat food that is good for the body and soul.

Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. *The Love & Lemons Cookbook* features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved *Love & Lemons* blog has attracted buzz from everyone from bestselling author Heidi Swanson to *Saveur Magazine*, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, *The Love & Lemons Cookbook* teaches readers how to make beautiful food with what's on hand, whether it's a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and efficiently organized, *The Love & Lemons Cookbook* is a resource that you will use again and again. Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. *Frugal Vegan* teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, *Frugal Vegan* will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen,

too.

The feel-good book of the year for everyone who loves our planet and is looking for solutions. Fast, funny and inspiring, too. "This is the joy we need in our lives." - George Monbiot. "This book, practical and realistic as well as visionary, will keep that positive message before the reader's eyes. Joy is after all one of the best motivations we can have for change." - Dr Rowan Williams. Finally! A book about saving our planet that is fast, funny and inspiring too. Written in short chapters for busy people, Isabel doesn't bother with an examination of the problem but gets right on with the solutions. Her aim: to look for every single way we can take care of the planet; how we live and work, travel, shop, eat, drink, dress, vote, play, volunteer, bank - everything. And to do this wholeheartedly, energetically and joyfully. Beginning with losing her cool in a restaurant that will only provide plastic cutlery, Isabel journeys through native tree planting in the Highlands of Scotland, playing Samba drums with Extinction Rebellion, interviewing in person the people that supply her energy and food - through every solution she can find - until both narrator and reader are fully equipped to be part of the pollution solution. "She gave my spirit a lift and my feet somewhere to stand." - Sir Mark Rylance

If you thought vegan food was brown and bland, think again. V is for Vegan blows that myth out of the water. Kerstin Rodgers' 150 recipes are game-changing, with ideas for breakfast treats, soups and salads, dips, snacks, naturally vegan dinners, and desserts you never thought possible without eggs or dairy. Kerstin offers easy ideas for flavor bombs like vegan parmesan, vegan mayonnaise, and super tasty condiments, and spice mixes to maximize the flavor of your food. This is the book for anyone who's ever thought about cutting back their meat and dairy intake, or who's already vegan or vegetarian and wants imaginative recipes.

Make Incredible Vegan Versions of Your Favorite Asian Meals If you crave vegan-friendly versions of classic Asian dishes, this will become your new favorite cookbook! Jeeca Uy, of the hit Instagram account @TheFoodieTakesFlight, transforms traditional Southeast and East Asian cuisine into spectacular vegan renditions that are bursting with flavor. From iconic Thai dishes to piping-hot Japanese fare and everything in between, Jeeca's recipes will take your palate on a delicious food trip across Asia that will keep you coming back for more. So, why order takeout when you can easily whip up a vegan version that is not only healthier but can taste even better? Find your favorites and discover new ones with recipes such as: Pad Thai Char Siu Tofu Vietnamese Mushroom Pho Singaporean Chili Tofu Chinese Lettuce Wraps Yang Chow Fried Rice Japanese Yakisoba Spicy Dan Dan Noodles Satay Tofu Sticks with Peanut Sauce Korean Bulgogi Mushrooms Along with vibrant photographs, Jeeca has packed this book with tips and tricks to guide any cook, vegan or not, on how best to work with tofu, how to fold dumplings, how to make vegan versions of essential sauces and so much more. This cookbook will quickly become your go-to guide for simple yet delicious vegan Asian recipes.

Plant-based recipes from a fun-loving, world-wandering chef you'll want to follow everywhere! Chef Lee Watson was once, in his own words, "the mightiest nose-to-tail carnivore of them all." But four years ago, he went completely vegan—and today, he's an easygoing evangelist for peaceful, plant-full eating! Now, Peace & Parsnips captures 200 of Lee's extraordinarily creative recipes, all "rooted" in his love of life and his many travels—from the streets of Mexico and the food bazaars of Turkey to the French countryside, the shores of Spain, the spice markets of India and beyond! Twelve chapters burst with gorgeous photos (200 in all!), tempting us with Lee's mouthwatering recipes—all meat-free,

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dairy-free and egg-free, and many gluten-free—that are brimming with goodness. Get set to savor: Breakfast: Plantain Breakfast Burrito with Pico de Gallo Smoothies, Juices & Hot Drinks: Healthy Hot Chocolate Soups: Zen Noodle Broth Salads: Fennel, Walnut & Celeriac Salad with Caesar-ish Dressing Sides: Turkish-Style Spinach with Creamy Tofu Ricotta Nibbles, Dips & Small Plates: Shiitake Tempura with Wasabi Mayo Big Plates: Parsnip & Walnut Rumbledethumps with Baked Beans Curries: Roasted Almond & Kohlrabi Koftas with Tomato & Ginger Masala Burgers & More: Portobello Pecan Burgers with Roasted Pumpkin Wedges Baked & Stuffed: Mexican “Pastor” Pie Sweet Treats: Raw Blueberry & Macadamia Cheesecake; Dark Chocolate & Beet Brownies Sauces, Dressings, Toppers & other Extras: Smoky Chipotle & Cauliflower Cheese Sauce; Tofu & Herb Feta! Lee’s thoughtful, enthusiastic advice makes it easier than you think (and great fun) to create unforgettable meals from an inspiring array of seasonal fruits, fresh vegetables and easy-to-find staples. This is food that explodes with flavor, color and texture—and will delight and nourish everyone.

THE SUNDAY TIMES BESTSELLER 'A love letter to Bombay told through food and stories, including their legendary black daal' Yotam Ottolenghi At long last, Dishoom share the secrets to their much sought-after Bombay comfort food: the Bacon Naan Roll, Black Daal, Okra Fries, Jackfruit Biryani, Chicken Ruby and Lamb Raan, along with Masala Chai, coolers and cocktails. As you learn to cook the comforting Dishoom menu at home, you will also be taken on a day-long tour of south Bombay, peppered with much eating and drinking. You'll discover the simple joy of early chai and omelette at Kyani and Co., of dawdling in Horniman Circle on a lazy morning, of eating your fill on Mohammed Ali Road, of strolling on the sands at Chowpatty at sunset or taking the air at Nariman Point at night. This beautiful cookery book and its equally beautiful photography will transport you to Dishoom's most treasured corners of an eccentric and charming Bombay. Read it, and you will find yourself replete with recipes and stories to share with all who come to your table. 'This book is a total delight. The photography, the recipes and above all, the stories. I've never read a book that has made me look so longingly at my suitcase' Nigel Slater

With 140 recipes for delicious non-dairy milks, basic pastries, warming soups and mains, salads, pasta, rice, noodles and sweet things, Easy Vegan has your vegan options covered. It's packed with advice on how to 'veganise' a recipe by swapping out key ingredients for plant-based, healthier alternatives, without compromising on taste or flavour. It's the perfect starter manual for health-conscious would-be vegans and everyone keen to incorporate more plant-based food in their diet.

This is real Indian food; the bright, fresh, light, herb- and spice-lifted food that Indians turn to each and every day. Extremely healthy, beautifully simple and packed with fresh flavour, it's not your parents' Indian food. In 2014, barrister Nisha Katona had a nagging obsession to build a restaurant serving the kind of food Indians eat at home and on the street. The first Mowgli restaurant opened in Liverpool in late 2014, blowing away the critics and forming legions of fans. The simple dishes of a Mowgli menu are a million miles away from the curry stereotype. This unique collection of recipes and stories from the Mowgli Street Food restaurants brings you the best of their beloved menu, and much more. Try delicious snacks such as Fenugreek Kissed Fries or a Masala Wrap, and spice up your dinner with a whole host of delicious dahls. Discover how to recreate the iconic Angry Bird, the signature flavours of the House Lamb Curry, and of course, the secrets of the taste explosion that are Chat Bombs. And indulge in desserts, drinks and cocktails such as the Cardamom Custard Tart or a Sweet Delhi Diazepam. From the Mowgli Chip Butty to the iconic Yogurt Chat Bombs, Mother Butter Chicken to Calcutta Tangled Greens, this is the definitive collection of Mowgli's signature street food dishes to recreate at home.

A vibrant tour of Asia in 90 vegan recipes When Sasha Gill went vegan, she wasn't about to leave her family's home-cooked favorites behind. Pad thai without fish sauce? Curry without ghee? In East Meets Vegan, Sasha proves that Asian cooking can be plant-based—as well

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as easy, affordable, and delicious! Here are: Veganized favorites: Spring rolls, red bean pancakes, shiitake ramen, mango lassis Can't-believe-it's-vegan twists: Tandoori cauliflower "wings," pineapple fried rice, jackfruit biryani, "butter chicken," a sushi feast to feed a crowd Mix-and-match pairings: Combine leftovers for your own take on Asian fusion. Bursting with more than 100 sumptuous photographs, this is your passport to a culinary adventure—from the comfort of your kitchen.

The acclaimed vegan chef shares 150 dishes from around the world with easy plant-based recipes from Ecuador to Ethiopia and beyond. With this mini-immersion into global cooking, Robin Robertson demonstrates that many international cuisines are naturally free of the meat-and-potatoes constraints of the typical Standard American Diet (SAD). Drawn from the culinary traditions of Europe, the Americas, Africa, the Middle East, India, and Asia, these recipes are healthy, accessible, and full of flavor. Organized by country or region of the world, Vegan Without Borders includes family-style comfort foods, global ethnic favorites, and creative new dishes inspired by the classics, all developed to satisfy a variety of mealtime desires. Robin also notes which recipes are gluten free, soy free, low in oil, or especially quick and easy.

Recipes include: Polenta Rustica with Kale and Bean Ragout Potato Gratin Dauphinoise Baked Eggplant Fries with Tzatziki Sauce Chickpea Nuggets with Buffalo Barbecue Ranch Sauce Blue Ribbon Chocolate Cake Mojito Sweet Potatoes Melon Paletas Za'atar Roasted Cauliflower Lemongrass Coconut Rice Red-Cooked Tempeh Sizzling Saigon Crepes Bangkok Street Cart Noodles

An award-winning chef presents street food recipes that represent the best of traditional Mexican cooking, including octopus cocktail, deep-fried fish tacos, and empanadas stuffed with shrimp.

Discover the Lighter Side of Thai Food Without Sacrificing Flavor Sarah Jansala, with the help of her mom, Renoo, opened the first vegetarian Thai restaurant in Portland, Oregon, to great success. Now, she is sharing her secrets with you. Her delicious plant-based (and gluten-free!) recipes allow you to enjoy your favorite Thai meals without the guilt. Jansala's 75 reimaged Thai recipes are designed to be nutritious, quick and, above all, tasty. She includes starters like Tofu Satay, mains like Spicy Basil Tempeh, curry sauces that you will want to make over and over again and even vegan desserts like Mango Sticky Rice. With every recipe, Sarah does more than teach you to cook amazing food— she gives you insight into the flavors, history and significance behind Thai dishes. The Jansala mother– daughter duo has squeezed all of their generational and industry knowledge into one simple guide to traditional Thai food.

The creators of the New York Times bestselling cookbook series Thug Kitchen are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. Thug Kitchen 101 includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the f\*ck you're cooking. This kickass vegan kitchen primer also serves up health benefits and nutrition statistics to remind everyone, from curious newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and our pocketbooks. THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? Thug Kitchen's here to fix that sh\*t: All recipes in TK 101 are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumbled home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy

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bullsh\*t. Just delicious, healthy, homemade food for all the full-time hustlers out there. "Thug Kitchen backs up its bluster with good, solid recipes."--New York Times "Funny, self-aware, and full of delicious-looking recipes that I want to make right this second." --Epicurious.com "F\*cking delicious."--Popsugar.com

"Jackie Kearney's beautifully crafted book revolutionised not only my spice rack but also my cooking style... the ultimate foodie's travel journal'. Review for My Vegan Travels, The Vegan magazine. The Mock Meat Revolution is here and veganism never tasted so good with these stunningly inventive recipes for plant-based meat and fish substitutes. While traditional butchers might be disappearing from the high street there's a new breed ready to slice a different kind of meat – made from plants! So-called 'vegetarian butchers' are creating food that mimics meat and offering convincing substitutes that look, feel and even taste like the real thing. Mock meat, of course, is nothing new. Patties made from soy-based protein and wheat gluten have been around since the 1960s but now vegetables, nuts, pulses and grains are in on the act and taking it to a whole new level. Prepare to be wowed by Jackie Kearney's Paprika Seitan Vegan 'Dog' with Cashew Cheese; Crispy Jackfruit Wings and Chickpea Tuna Quesadillas. From Tofish & Chips to Sea-loving Sushi there's a plant-based alternative to all your favourite meals.

We've taken to the streets to bring you 80 fast, fresh and mouthwatering recipes from the most exciting chefs on four wheels. From sea bass ceviche and Lebanese msakhan to American peach cake, discover how to cook some of the world's most crowd-pleasing dishes, meet the chefs and hear the stories behind their passion projects.

This comprehensive cookbook captures the essence and flavors of Tel Aviv--one of the most food-obsessed cities in the Middle East and in the world. This book proves it: nowhere on the planet do you eat better than in Tel Aviv. This lavishly photographed cookbook focuses on the colorful streets of this Middle Eastern city. Find recipes for Tel Aviv's unsurpassed fast food like hummus, falafel, shakshuka, and sabich, the popular Israeli sandwich. On these pages you'll also see dishes common to the city's infinite restaurants, where chefs make poetic use of the eating traditions of their immigrant population and Arab neighbors. The result of this creative freedom is a fusion kitchen without rules and taboos. Nowhere is life celebrated more exuberantly than in Tel Aviv, the happiest and most progressive city in the Middle East. This coastal city is paradise on earth: great weather all year round, beautiful beaches, leading museums, unique architecture, and a flourishing economy. The inhabitants are handsome, young, and creative, and radiate an unbridled zest for life. This zest is captured in the incredible location photography throughout TLV. This is a cookbook, narrative, and photo essay in one beautiful volume. One day with this book in your possession, and you'll be booking a ticket to TLV as soon as humanly possible.

A renowned chef and physician shares her secrets to a healthy life in this cookbook filled with healthy recipes that will fuel and energize your body and mind. "I like to think of a spicebox as the cook's equivalent of a doctor's bag--containing the essential tools to use in the art of cooking. Learning to use spices is the best way to add interest and vibrancy to simple home cooking."—from the Introduction In her first cookbook, chef and physician Linda Shiue puts the phrase "let food be thy medicine" to the test. With 175 vegetarian and pescatarian recipes curated from her own kitchen, Dr. Shiue takes you on a journey of vibrant, fresh flavors

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through a range of spices from amchar masala to za'atar. With a comprehensive "Healthy Cooking 101" chapter, lists of the healthiest ingredients out there, and tips for prevention, Spicebox Kitchen is a culinary wellness trip you can take in your own kitchen.

Winner of the Best Book Award in the PETA Vegan Food Awards 2016. Jackie and her family ate their way around Asia, sampling streetfood and jotting menu ideas on the back of napkins. Inspired by the food cultures she embraced on her travels, Jackie has brought new life to healthy, meat- and dairy-free food, inspired by the sheer quantity of vegan food on offer in Asia. Dotted with personal anecdotes from her travels, family photos and fascinating local information, Jackie takes us from India to Indonesia on a journey of tastes and textures, via Sri Lanka, Thailand, Vietnam, Laos and Malaysia. Recipes includes classic dishes that we might be already familiar with, such as Simple Sri Lankan Dal or Cauliflower and Kale Pakora, as well as regional specialities such as Oothapam (vegetable crumpets from South India) or Tahu Campur (Javanese fried tofu with cassava cakes). Street food is a central part of life in Asia. It brings families and communities together from breakfast to dinner, through all the scrumptious snacks along the way. With this book, you can bring this inspirational approach to feeding your family into your own kitchen, whipping up flavourful and wholesome bites. Celebrate vegan food in all its glory, without compromising on flavour or protein, or trying to make substitutions for meat or fish. That is the beauty of this collection of Asian streetfood – it is simply delicious, and it just so happens to be vegan.

Enjoyment, hospitality, tradition, creativity, sustainability and joy of life ? these starting points were the inspiration for this book. The cooking of vegetables is treated with reverence in the lands that make up the rich and varied tapestry of the Middle East. The people depend on the grains and pulses, nuts, vegetables and fruits of the region for their daily food and Parvin Razavi has taken the fresh and varied cuisines of Iran, Armenia, Syria, Lebanon, Jordan, Egypt, Morocco and Turkey to create a beautiful vegan cookbook. Whether as a main course or for the traditional mezze, this book contains dishes that blend natural culinary delights from the various food cultures and combines them with contemporary approaches. Here are warm and spicy stuffed vegetables, cool and fragrant soups, delicate preserves, pilafs, breads, pickles, relishes and pastries. The varied cuisines of the Middle East provide a wealth of vegan recipes. PARVIN RAZAVI was born in Iran and spent her early years at the Caspian Sea and in Tehran until their family emigrated to Europe. She had always been fascinated by her family kitchen and her culinary talent was valued for many years just among her circle of friends, before she made her passion into her profession. From then on, she wrote her own very successful foodblog 'thx4cooking' and began as an editor at Biorama, a magazine for a sustainable lifestyle.

Chetna Makan is known for her unique recipes, which introduce colourful spices, aromatic herbs and other Indian ingredients into traditional Western baked favourites. Whether it's a sponge cake with a cardamom and coffee filling; puff pastry bites filled with fenugreek paneer; a swirly bread rolled with citrusy coriander, mint and green mango chutney; or a steamed strawberry pudding flavoured with cinnamon, Chetna's Indian influences will transform your baking from the familiar to the exotic, from the ordinary to the extraordinary. Discover rare but precious traditional bakes from India, as well as new spice-infused recipes. Delve into the

history of Indian herbs and spices and learn how to match foods and flavours.

Fiona Beckett presents over 70 recipes for cooking with wine—the magic ingredient. Throughout this amazingly informative book, food writer Fiona Beckett expands on the idea that cooking with wine is an easy way to make meals special. Starting with Soups, Salads & Appetizers, there are recipes such as Warm Scallop Salad with Crispy Pancetta and Parsnip Crisps, Radicchio and Blue Cheese Salad with Moscatel and Honey Dressing and Pea Velouté. The next chapter, Pasta and Grains, includes Sticky Pork Mac'n'Cheese, Slow-cooked Ragu, and Red Wine Spaghetti with Olives, Garlic and Anchovy. Fish & Seafood has recipes for Moules Marinières with Muscadet, Fine Wine Fish Pie, and Cioppino Fish Stew. Meat and Chicken features a classic Coq Au Vin and a delicious Duck Casserole with Red Wine, Cinnamon, and Olives. Try some of the surprisingly good recipes in the Vegetable Dishes and Pulses/Legumes section such as Caponata and Chestnut Mushroom and Madeira Tarts. The book rounds off with delightful Sweet Things & Baking with Peaches in Prosecco and Chocolate & Cabernet Pots, then concludes with Sauces, Butters, & Relishes. Each dish includes a recommended wine match to ensure every meal will be a perfect marriage of food and wine.

The bestselling author of *Vegan Tacos* explores the magic of Mexico's regional cooking—exotic flavors that you can enjoy without leaving your kitchen. Jason's delicious recipes capture the essence of the moles of Oaxaca, the Mayan legacy of the Yucatan, the smoky chile flavors of Zacatecas, the fruit-centric Southern regions, the Spanish influence of Veracruz, and the street food of Mexico City. Recipes include: Oaxacan-Style Black Beans Potato and Drunken Bean Gorditas Chilled Avocado Soup Tofu and Tortillas in Red Salsa Creamy Green Enchiladas Mushroom Crêpes in Poblano Chile Sauce Flan with Apricot Preserves Muddled Sage Margarita A leading authority in vegan Mexican cooking, Jason shares the core concepts for making authentic Mexican cuisine and ties the recipes to their place in the story of Mexico. Readers will come away with a new understanding and admiration for the diversity and flavors of Mexico and be inspired to make delectable main dishes, soups, spreads, sandwiches, breads, desserts, snacks, and much more. "Any vegan interested in cooking unique Mexican dishes Must Have this book. Those not interested in making the recipes will find it a fascinating read and appreciate the research the author has undertaken to deliver a comprehensive look at Mexican cuisine." —Vegetarians in Paradise

When someone goes vegan on Park Avenue or Beverly Drive, they have a private chef and a personal assistant to do the troubleshooting. When we make the shift on Main Street, we could use some help, too. For nearly six years, acclaimed author, speaker, podcaster, and Main Street Vegan Academy director, Victoria Moran, has trained individuals to become vegan lifestyle coaches and educators. Now, Victoria has teamed up with one her Academy alums turned faculty member, cookbook author, culinary instructor, and radio host, JL Fields, to bring that very same coaching to you. In *The Main Street Vegan Academy Cookbook*, Victoria and JL, along with over a hundred certified vegan lifestyle coaches, join you in the kitchen as you discover more than 100 of their favorite plant-sourced recipes. Whether you're new to the diet or a seasoned plant-based eater, vegan or just veg-curious, their tips, tricks, shortcuts, and strategies will transform your cooking, your eating, and your life. Inside, you'll find wholesome, delectable, and accessible recipes like: • PB&J Sammie Smoothie • Sweet Red Chili Potato Skins • Pepperoni Pizza

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Puffs • Avocado-Cucumber Soup • Cranberry-Kale Pilaf • Crisp Mocha Peanut Butter Bars Anchored in compassion, The Main Street Vegan Academy Cookbook is more than a cookbook; it's a complete guide to going vegan, from FAQs, troubleshooting, and menu plans to inspiration and innovations for navigating the culinary, nutritional, and social landscape of plant-based eating. Embrace a healthier, more compassionate you, with Victoria, JL, and the rest of the Main Street Vegan Academy coaches by your side.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Good for You: Bold Flavors with Benefits is a cookbook that infuses clean eating with rich flavor. Award-winning chef Akhtar Nawab presents 100 healthful and hearty recipes that satisfy every appetite. Inspired by his Indian heritage, Kentucky upbringing, and professional experience cooking in Mexican and Italian restaurants, these recipes are as unique as they are delicious.

- Great for gluten-free, dairy-free, vegetarian, and vegan diets
- Wholesome, accessible recipes that pack serious flavor into every bite
- Covers basic building blocks—like vegan soubise and gluten-free bread—as well as more advanced recipes and techniques

With bright, enticing photography, Good for You is a delicious pick for both amateur and seasoned home cooks. Recipes include Blueberry Ginger Smoothie, Gazpacho with Poached Shrimp, Fish Tacos with Pistachio Mole, and Dark Chocolate Almond Butter Cups with Sea Salt.

- This book is for anyone who wants to eat well and feel good.
- Akhtar Nawab is the chef behind Alta Calidad and Alta Calidad Taqueria in New York, and Otra Vez in New Orleans
- Perfect for home cooks who want to take their clean eating to the next level with interesting spices, marinades, and methods
- You'll love this book if you love books like The Skinnytaste Cookbook: Light on Calories, Big on Flavor by Gina Homolka; Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking by Samin Nosrat; and The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs by Karen Page and Andrew Dornenburg.

Discover 100 of the world's best street food recipes. From taco carts and noodle stalls to hawker markets and gelaterias, it's on the street that you'll find the heart of a cuisine and its culture. With these 100 authentic recipes, Lonely Planet delivers the planet's freshest, tastiest street-food flavours. Gastronomic bliss awaits!

75 satisfying plant-based recipes for comfort food from around the world. A food-lover and keen traveler, Jackie Kearney became

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a favorite MasterChef UK finalist in 2011 thanks to her creative approach to vegetarian and vegan cooking that took inspiration from all over the world. However, if there is one thing that she loves to cook most, it is those comfort food classics that can satisfy any hunger pangs—and in this collection of vegan recipes, she shows how easy it is to do that as part of a plant-based diet. She begins with flavors from her childhood in *No Place Like Home*, featuring recipes such as Root Vegetable Rosti with Home-made Beans and Smoky Tempeh, and Savoy-wrapped Quinoa Roast. *European Summers* follows with a selection of relaxed dishes like Campfire Risotto with Asparagus and Lemon, French Onion Soup with Cashew Cheese Croutons, and Roasted Eggplant Lasagne with Puy Lentils. Jackie is renowned for her love of Asian flavors, so the next chapter, *Asian Comfort*, is where her passion really shines. Try Beet and Watercress Samosas with Pear Chutney, Shami Kebab served in a fluffy white naan, or the classic South-east Asian soup Singaporean Laksa. For dessert, a Chai-spiced Rice Dessert with Ginger Cookies is the perfect winter warmer. In the final chapter, *Americana*, she takes the reader on a tour of the United States where some of the world's favorite comfort foods were born. Who can resist Crispy Fried Green Tomatoes with Spicy Ranch-style Dressing or Buffalo-style Eggplant Wings? Inspiration comes from across the continent, with a vegan take on the classic NYC deli sandwich Reuben's Revenge to a hearty Texan Scramble Breakfast Burrito, as well as those best-loved sweet treats such as Raspberry and Cacao 'Cheesecake' and Portland Maple Crème Donuts. With a guide to the vegan storecupboard and some basic recipes for Easy Vegan Mayo, Cashew Cream, Flax Eggs, and Almond Ricotta, this is the essential book for all those looking for deliciously satisfying plant-based food. Ailidh Forlan is on a mission to discover the very best street food Scotland has to offer. On a culinary journey that's taken her to every corner of the country, she's encountered incredible food and the captivating stories of the people who make it happen. Now, in *Street Food Scotland*, Ailidh shares her favorites, from market stalls to vintage vans, from converted ambulances to tucked-away roadside huts. With mouth-watering food from all over the globe right here on our doorstep as well as recipes to try at home welcome to Scotland's street food revolution. Includes metric measures.

Modoki: a Japanese words that means "to mimic" Sushi Modoki: Authentic vegan sushi that tastes—and looks—just like the real thing! No food is more iconically Japanese than sushi. But as any vegan or vegetarian knows, there's only so many cucumber rolls a person can eat! Enter Sushi Modoki—amazing, all-vegan re-creations of classic sushi rolls and bites. At the hands of vegan innovator iina, a cooking instructor in her native Japan, tomatoes transform into “fatty tuna,” mushrooms into “scallops,” and carrots into “salmon”—with mind-boggling results. Clear, step-by-step instructions show you how to make five different styles of sushi with all-natural, whole ingredients—and assemble elegant plates bursting with color and crunch: Nigiri: "fish" over rice Maki: sushi rolls Chirashi: scattered sushi bowls Inari: fried tofu stuffed with "fish" and rice Oshi: pressed sushi Plus, you'll find the full range of traditional sides: salads, soups, sauces, pickled vegetables, and hot and cold drinks. *Sushi Modoki* is the ultimate guide to becoming a vegan sushi master—with over 50 recipes to “wow” vegans and sushi-lovers alike.

Vietnamese street food is - inarguably - one of the world's most dynamic cuisines. This book brings the flavor and spirit of those bustling streets to your home. Author Jerry Mai is a master of street food. She owns a number of restaurants specializing in

nuanced flavors of Vietnamese street pho. Throughout this book, Jerry presents street food from the length of the country. There's Bahn Mi, rice paper rolls, Vietnamese-style omelets, lemongrass and fresh herb infused stir-fries, fresh noodle salads and so much more. Learn the subtle finesse that distinguishes a Hanoi style pho from its southern relative. If these dishes can be made on a cart, in the swarming streets of Da Nang, you can be confident in recreating them at home. With stunning photography of all 70 recipes, accompanied by gonzo imagery of the country itself, this is the perfect book for the armchair traveler or for those wishing to commemorate their trip. This book is the first instalment of the Street Food series, with Turkey and Mexico next on the chopping block. As any visitor will tell you, traveling through Vietnam is a culinary awakening. From Hanoi - the country's capital, in the north - down to Ho Chi Minh, it's easy to find where the locals eat... Because it's right in middle of the street. Where the West might view street carts as specially reserved for the chronically intoxicated or intestinally masochistic, curbside vendors in Vietnam are the country's greatest chefs. Street Food: Vietnam is a glimpse into these compact kitchens-on-wheels, without any of the humidity. This wide-ranging volume explores the tension between the dietary practice of veganism and the manifestation, construction, and representation of a vegan identity in today's society. Emerging in the early 21st century, vegan studies is distinct from more familiar conceptions of "animal studies," an umbrella term for a three-pronged field that gained prominence in the late 1990s and early 2000s, consisting of critical animal studies, human animal studies, and posthumanism. While veganism is a consideration of these modes of inquiry, it is a decidedly different entity, an ethical delineator that for many scholars marks a complicated boundary between theoretical pursuit and lived experience. The Routledge Handbook of Vegan Studies is the must-have reference for the important topics, problems, and key debates in the subject area and is the first of its kind. Comprising over 30 chapters by a team of international contributors, this handbook is divided into five parts: History of vegan studies Vegan studies in the disciplines Theoretical intersections Contemporary media entanglements Veganism around the world These sections contextualize veganism beyond its status as a dietary choice, situating veganism within broader social, ethical, legal, theoretical, and artistic discourses. This book will be essential reading for students and researchers of vegan studies, animal studies, and environmental ethics. From Sam Turnbull, the bestselling author of Fuss-Free Vegan, and creator of the blog It Doesn't Taste Like Chicken, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food--on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam Turnbull's Fast Easy Cheap Vegan, she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy

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Cracker Snackers, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry→ Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.

Kirsten Kaminski, author of Vegan Holiday Cooking, opens up a new world of flavor to vegan cuisine with her new travel-inspired cookbook. Kirsten traveled all over the world to compile stunning photos and exciting vegan recipes for this cookbook; from Middle Eastern Mushroom Schwarma and Baba Ganoush to Vegan Sushi and Pad Thai, so many exciting plant-based meals await you. Break away from boring staple cooking by reinventing heavy animal-based dishes from across the globe. No food is off-limits with exciting plant-based versions of all your ethnic favorites from fluffy challah, to cozy carbonara and delicious enchiladas—or even international desserts like Matcha Ice Cream and Date Cookies. Kirsten even includes tips and tricks on how and where to eat abroad so you can enjoy inspired plant-based cuisine no matter where you are. With the world as her inspiration, Kirsten provides unique vegan meals that jump off the page with flavor.

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