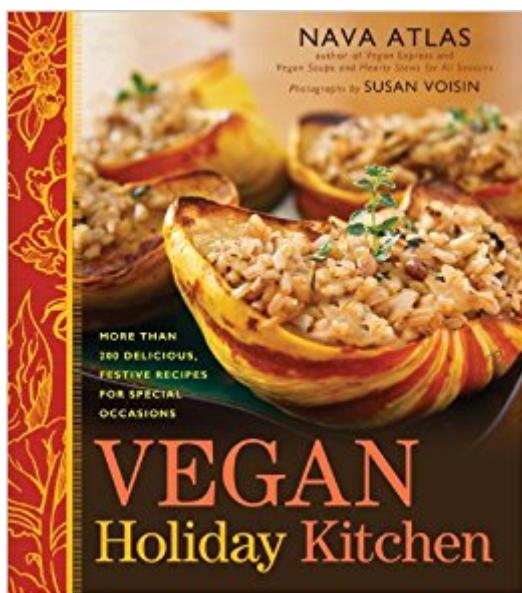


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Vegan Holiday Kitchen: More Than 200 Delicious, Festive Recipes For Special Occasions



Synopsis

Have yourself a happy vegan holiday! This exciting, inviting cookbook by veteran author Nava Atlas brilliantly fills the biggest gap in the vegan repertoire with more than 200 delectable, completely doable recipes for every festive occasion. Å Atlas, one of the most respected names in vegetarian and vegan cooking, addresses everything from Thanksgiving, Hanukkah, and Christmas --to celebratory brunches, lunches, dinners, potlucks, and buffets. Such mouthwatering dishes as Coconut Butternut Squash Soup, Green Chili Corn Bread, Hearty Vegetable Pot Pie, delicate Ravioli with Sweet Potatoes and Sage, and Cashew Chocolate Mousse Pie will convince even the most skeptical eater that vegan cooking is well worth celebrating.

Book Information

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Customer Reviews

Åçâ ¬Å“Vegans, rejoice! . . . Thanks to Atlas, vegan versions of traditional holiday foods can be incorporated for everyone to enjoy. Åçâ ¬Å“Epicurious.com Å Åçâ ¬Å“Happily, those of us who like to eat and party well need not suffer. . . . Atlas shows Thanksgiving can be bountiful indeed and not a turkey harmed. Beloved winter holiday hits go meatless, including vegan holiday cookies spiced with cinnamon and ginger, mock chopped liver (cashew, onion and mushroom pate) and 'vegg' nog, thick and rich with almond milk and cashew butter, liberally spiked with rum. The spirit of the season remains but anything animal is excised. Åçâ ¬Å“Huffington Post Å Recipes reprinted in the New York Times Åçâ ¬Å“Diner's JournalÅçâ ¬Å“ and Washington Post.

Nava Atlas has written nine previous cookbooks. She has long been considered an expert in

meat-free holiday fare, which is the most popular area of her website, www.VegKitchen.com.

I have two or three hundred cookbooks, many of which provide recipes for very new tastes, ingredients, or combinations. Sometimes though I need to make dishes that are close to those things that were traditional in the time and part of the country where I grew up but are a vegan version that non-vegans around me will accept without asking or worrying whether they are eating an ingredient that they consider unusual. This book fits the bill and also means that I can decide on the spur of the moment to add a new item to the menu (most recently the ginger cookies from this book). Those who have cooked from many cookbooks will be well aware that although there may be great photos in some books, the recipes don't necessarily work well. Across all of her books, the recipes work, with the only modification I have ever made being to add a little water to her strawberry snack cake (similar to strawberry shortcake). Each year at Thanksgiving our coworkers look forward to the 50 or so pumpkin mini loaves that I make from this book and give as little gifts. In this and her other books, such as the one on cooking greens, it is apparent that the reader is reading the work of a scholarly/educated writer who is accomplished in the kitchen though the tone is quite accessible and friendly regardless of one's expertise. This book is pleasing in that I often find something new in it but also reliably captures the expected dishes and flavors. I wish this and all the books she has published over the years were available in Kindle versions. I just bought a second copy of this book this morning as a backup so I can have a copy at another residence where I often cook. Of my hundreds of cookbooks, this is the one I pick up the most often, especially to solve a problem (i.e. how do I use up my red bell pepper, orange juice, vegetable broth, and lentils? By making her lentil-stuffed squash, which comes with tips for those who are intimidated by cutting a squash (she tells you how to pre-bake it so it will be easier to cut). I appreciate her books because they are practical and undemanding in terms of time and ingredients yet not so stripped down that eating the dishes feels like any sort of compromise. I make her items-as suggested by this title- for holiday guests and hers is the one cookbook where I don't worry about pre-testing the recipes. She has a solid background and knowledge base in her work and it shows. And there are sufficient photos to give you an idea of what you are getting and the layout and typeface are such that it is feasible to read while cooking. Well, time for me to go try her cranberry carrot cake with maple cream cheese frosting. I am looking forward to whatever books she writes next and I bet the recipes will be uncomplicated enough to dive in and make on impulse, with satisfying results. Across her books, she makes a solid and welcome contribution to vegan and vegetarian cookery. An update: today I made the cranberry carrot cake. The recipe didn't work. The directions said to pour the

batter in the pan. Although I had made the batter as described, it could not be poured. "Pressed," maybe, but not poured. I added a little extra applesauce and a bit of rice milk so it would come closer to being pourable. The baking time was 10 minutes longer, I assume because of the extra liquid. The cake did not look or taste good at all and unfortunately I am discarding it. I made additions to the batter so that of course affected the results. But the recipe as written did not work. The recipe for the strawberry snack cake didn't work either but it was ok when I added water, as noted above. Although her recipe for the mini squash (pumpkin) loaves works fine and the ginger cookie recipe is ok (not amazing, but ok), I am sorry to report that I would be cautious about trying the recipes for baked goods. But the recipes that are for main dishes, so far, seem to work ok and the cookbook is definitely worth having for the other recipes.

This is one of my favorite vegetarian cookbooks! No crazy ingredients and simple instructions, but most importantly the recipes are delicious. I'm Puerto Rican so I'm used to flavorful dishes, and these recipes do not disappoint. I just made Spiced Vegetable Peanut Soup, Ravioli with Sweet Potatoes and Sage, and Apple Cranberry Sauce for Thanksgiving, and everyone absolutely loved it, to include my meat-eating nephew.

I've been using Nava's recipe books for many years. She's never steered me wrong. I don't know her personally, but she has always responded to my emails quickly and with warmth. So I ordered this book pre-publication. In the meantime, since some of the recipes have appeared on her website VegKitchen as well as some other vegan websites, I was able to test some of the recipes in this book. The recipes are made with easily obtained ingredients. The steps are simple and use some short cuts (canned beans) without compromising integrity. (Vegan substitutes for dairy are minimal and often optional; she does not include recipes for seitan meat substitutes and explains why in a nonjudgmental way.) The photographs are beautiful. The organization of the book begins with Thanksgiving (the All-American holiday) and goes on to include both Christian and Jewish holidays. She even includes both Sephardic and Ashkenazi variations for the Jewish Holidays. Unlike many writers who do this, Nava is conscious of the differences between the two and includes only one item in her Sephardic Passover section that would not be consider kosher for Passover for Ashkenazi families.) Her sections on Summer entertaining, Brunches, Appetizers and Potluck dishes round out this beautiful and useful book. This book would make an excellent gift for any vegan, vegetarian, or aspiring vegan or vegetarian. In fact, I'd recommend it as a gift to anyone who loves food. My husband and our meat eating Shabbat guests often prefer my vegan main and side dishes.

from Nava's other cookbooks and I'm sure the same will be true of recipes from Vegan Holiday Kitchen

I've made several recipes out of this book, and all have turned out well. Even though it says it's for holidays, I think most of the recipes would work well in regular rotation. I like the breakdown by holiday (including Jewish ones), though, since it makes it easy to search for appropriate recipes at specific times of the year.

This is truly one of my favorite cookbooks! What I love about Nava is that her recipes are simple to navigate and use real ingredients (no need to add the processed veggie cheese, unless you really want to)! There's bound to be at least a handful of recipes that your family will make and love for years to come. Some of our favorite recipes include: Hearty Lentil and Mushroom Shepherd's Pie, Kale and Carrot Strudel, Traditional Latkes, Vegan-Style, and Fresh Tomato Soup with Crunchy Veggie Garnish. Nava Atlas has done it again :)

I checked this out from the library on a whim when I was planning a holiday dinner for a crowd. I'm surprised there aren't more reviews here of this wonderful cookbook. There are many gorgeous pictures, and the cookbook lies flat. The recipe for the fruit crisp was easy & delicious, and the quinoa pilaf, while not quite as outstanding, was also very good. I ended up buying my own copy. Highly recommended.

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