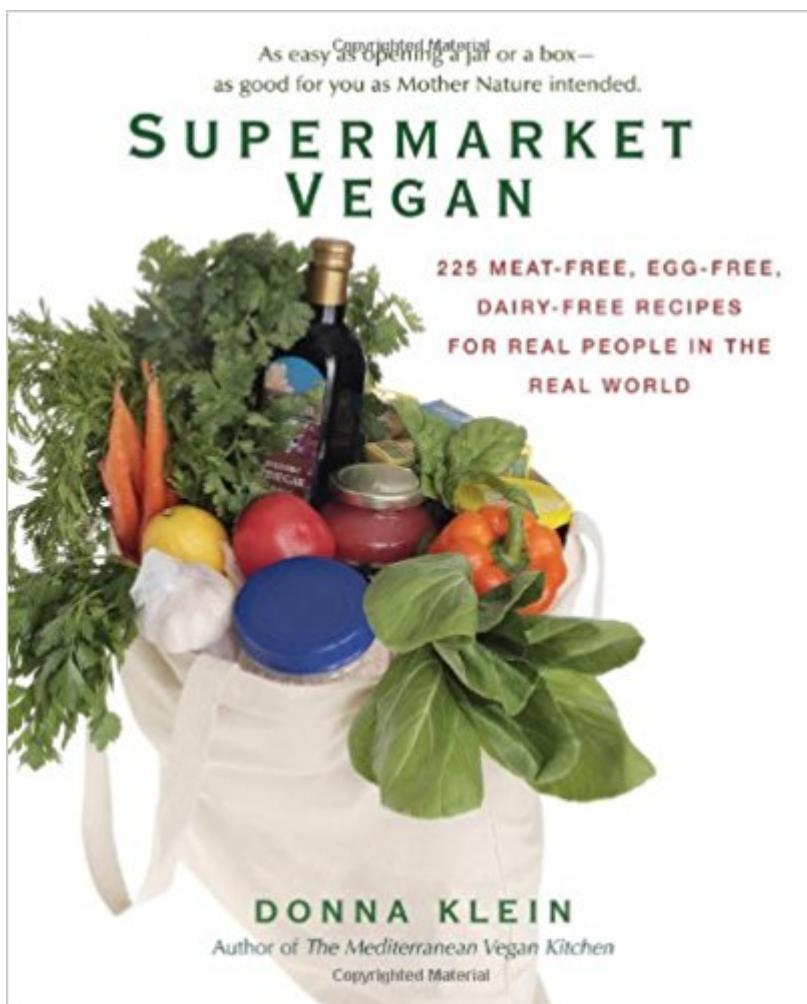


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Supermarket Vegan: 225 Meat-Free, Egg-Free, Dairy-Free Recipes For Real People In The Real World



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

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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 cookbook 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 up 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-Style 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 flexitarian, but I try to maintain 80% plant-based meals for health and for the animals and the planet.

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