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Veganomicon: The Ultimate Vegan Cookbook

By Isa Chandra Moskowitz, Terry Hope Romero



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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



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Editorial Review

From Publishers Weekly

Starred Review. While most vegan cookbooks are anemic, underfed volumes-some no-brainer pasta recipes, a few things to do with tofu, maybe some oddball desserts-this slam-bang effort from vegan chefs Moskowitz and Romero (*Vegan with a Vengeance*) is thorough and robust, making admirable use of every fruit and vegetable under the sun, without once asking readers to make do with fake meat products and egg replacements. Instead, the eccentric authors offer dozens of novel, delicious ways to get excited about eating meat-, dairy- and egg-free. Take Southwestern Corn Pudding, a winning casserole rich with coconut milk and an unexpected dash of maple syrup-a likely MVP at your next Thanksgiving (whether it's centered around turkey or tofu). Almost as addictive are Rustic White Beans and Mushrooms, which get their bite from fresh herbs, and Lentils and Rice with Caramelized Onions and Spiced Pita Crisps, a transcendent Middle Eastern comfort food. Vegan breakfasts get overdue attention: sitting in front of a hot stack of velvety Blueberry Corn Pancakes and hearty Blue Flannel Hash, who's going to miss the bacon? Best of all is the wide selection of terrific desserts: everything from Chewy Oatmeal Raisin Cookies to decadent Caramel-Apple-Spice Cupcakes boldly fill the space where most eggless, milkless and butterless cookbooks fear to tread.

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Review

"These two very real and very sassy food-obsessed women have put together a cookbook that you wish your mom cooked from when you were growing up. The recipes are seriously delicious and, for the most part, uncomplicated."

?Buffalo Spree

About the Author

Isa Chandra Moskowitz is America's most popular vegan chef. She is the author of *Vegan with a Vengeance*, which won PETA's Proggy Award for Best Cookbook 2006. She and Terry Hope Romero are the authors of *Vegan Cupcakes Take Over the World*, winner of *VegNews*' Veggie Award for Best New Cookbook. Since 2003, Isa and Terry have hosted the public access/podcast vegan cooking show *The Post Punk Kitchen*. They live in New York. Isa Chandra Moskowitz is America's most popular vegan chef. She is the author of *Vegan with a Vengeance*, which won PETA's Proggy Award for Best Cookbook 2006. She and **Terry Hope Romero** are the authors of *Vegan Cupcakes Take Over the World*, winner of *VegNews*' Veggie Award for Best New Cookbook. Since 2003, Isa and Terry have hosted the public access/podcast vegan cooking show *The Post Punk Kitchen*. They live in New York.

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Justin Belz:

Playing with family inside a park, coming to see the marine world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Veganomicon: The Ultimate Vegan Cookbook, it is possible to enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't have it, oh come on its identified as reading friends.

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