



Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)

By Robin Robertson

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Open the door to a whole new world of delicious, healthy choices! If you are one of the millions of Americans moving away from meat, dairy and eggs in your diet, whatever the reason, then **Vegan Planet** is for you. It is by far the most comprehensive vegan cookbook ever and proves once and for all that the vegan way of eating can easily provide all the nutrition you need, and so with astonishingly varied recipes and absolutely fabulous food.

Recipes include:

Mango Tango Smoothie
Pumpkin Pie Pancakes
Fried Green Tomato Po'Boys
Ginger-Scented Pot Stickers
Curried Cauliflower Pakoras
Butternut Squash and Wild Mushroom Lasagna
Hot Tomale Vegetable Pie
Turkish-Style Stuffed Eggplant with Walnut Sauce
Five-Spice Chocolate Layer Cake
Banana Swirl "Cheesecake"

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Editorial Review

From Publishers Weekly

With 400 recipes, this is probably the biggest vegan (no animal products-meaning dairy- and egg-free) cookbook on the market. It's also one of the best. Robertson (The Vegetarian Meat & Potatoes Cookbook) is a likable guide to possibly unfamiliar ingredients such as flaxseeds and sea vegetables, and the recipe choices are almost overwhelming. Robertson relies on the usual trick of digging into ethnic cuisines (Thai-Style Leaf-Wrapped Appetizer Bits, Baked Sweet Potato and Green Pea Samosas are among the appetizers) for vegetarian options, but she also innovates in clever ways, as with Here's My Heart Salad with Raspberry Vinaigrette with hearts of romaine, artichoke hearts, hearts of palm and celery hearts. Some of the most versatile options appear in a chapter dedicated to sauces and dressings, such as Eggless Hollandaise and Vegan B, chamel Sauce. Chapters on breakfast ideas, sandwiches, wraps and burgers-with six different veggie burger options-ensure that all bases are covered. Occasionally, Robertson relies on packaged products like the soy sausage and mozzarella that appear in "Sausage" and Fennel Cannelloni, but most of these recipes simply make the best of vegetables, legumes and grains. A cogent foreword by Barnard (president of the Physicians' Committee for Responsible Medicine) reports the startling fact that Americans-apparently misled into believing that switching from red meat to white will improve their health-now eat one million chickens every hour.

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From Library Journal

This ambitious new cookbook from the author of *The Vegetarian Meat & Potatoes Cookbook* offers dozens of imaginative vegan recipes inspired by a wide range of cuisines, from Five-Spiced Portobello Satays and Lebanese Fattoush (bread salad) to Cajun-Style Collards and Moroccan Fava Bean Stew. There are also vegan versions of such meat dishes as shepherd's pie and chili, as well as sandwiches like Curried Chicken-Less Salad and Seitan Reuben. Robertson's style is more down-to-earth than Crescent Dragonwagon's in *Passionate Vegetarian*, but Dragonwagon's book, which includes recipes made with eggs and dairy products, complements Robinson's. For most collections.

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From Booklist

When a vegetarian graduates to the more advanced status of vegan, all dairy products, eggs, and animal products disappear from the table. *Vegan Planet* by Robin Robertson appeals to the novice vegan with its simplified approach and whimsical typeface. She advocates that vegans be aware of nutritional issues such as incomplete versus complete proteins. She offers a surprising list of vegetables that originate in the world's oceans. Robertson understands the importance of using multiple and varied spices to prevent the vegan diet from becoming dull, boring, and tasteless. She uses plenty of seitan, a wheat gluten product that simulates meat's texture. Robertson even proposes a block of seitan stuffed with chestnuts and cranberries for a vegan Thanksgiving dinner. Bakers will recognize the vegan possibilities inherent in breads as Robertson offers a hearty multigrain yeast loaf as well as simple skillet cornbread and pumpkin biscuits. She finds a way to improve candy's general lack of nutrition by substituting ground dates for refined sugar in Chocolate Macadamia Clusters. *Mark Knoblauch*

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Users Review

From reader reviews:

Holly Flynn:

Do you considered one of people who can't read enjoyable if the sentence chained inside straightway, hold on guys this aren't like that. This Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) book is readable simply by you who hate the straight word style. You will find the info here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to offer to you. The writer connected with Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) content conveys objective easily to understand by a lot of people. The printed and e-book are not different in the content but it just different by means of it. So , do you continue to thinking Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) is not loveable to be your top listing reading book?

Ernestine Miller:

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Herbert White:

Often the book Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) has a lot of information on it. So when you check out this book you can get a lot of benefit. The book was written by the very famous author. This articles author makes some research ahead of write this book. This kind of book very easy to read you can obtain the point easily after perusing this book.

Richard Taylor:

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