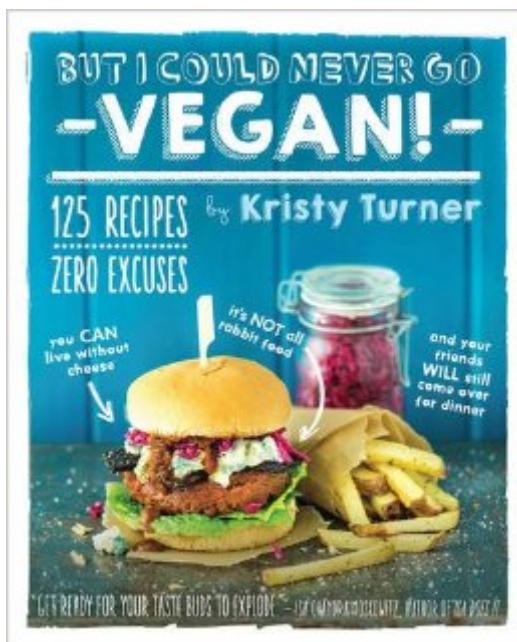


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But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, And Your Friends Will Still Come Over For Dinner



Synopsis

â œGet ready for your taste buds to explode.â • "Isa Chandra Moskowitz Canâ™t imagine living without cheese? Convinced that dairy-free baked goods just donâ™t cut it? Hate the taste of tofu and not a fan of boring salads? EXCUSES, BE GONE! Blogger-author extraordinaire Kristy Turner deliciously refutes every excuse youâ™ve ever heard with 125 bursting-with-flavor vegan recipes for every meal of the dayâ™ including dessert!â œAll those special ingredients are way more expensive.â • Not when you can make your own Homemade Seitan, Barbecue Sauce, Zesty Ranch Dressing, and Tofu Sour Cream.â œI could never give up cheese!â • You wonâ™t miss it at all with Tempeh Bacon Mac â™nâ™ Cheese with Pecan Parmesan, Tofu ChÃ"vre, Citrus-Herb Roasted Beets with Macadamia Ricotta, or Mushroom Cheddar Grilled Cheese Sandwiches.â œWhat about brunch?â • Chickpea Scramble Breakfast Tacos, Lemon Cornmeal Waffles with Blueberry Sauce, and Caramel Apple-Stuffed French Toast are vegan breakfasts of champions!â œMy friends wonâ™t want to come over for dinner.â • They will when they get a taste of Carrot Cashew PÃœtÃ©, Portobello Carpaccio, and Gnocchi alla Vodka.â œBut I scream for ice cream!â • Then youâ™ll shriek over Dark Chocolate Sorbet, Mango Lassi Ice Cream, and from-scratch Oatmeal Raisin Ice Cream Sandwiches. If youâ™re a waffling vegan newbie, on-the-fence vegetarian, or veg-curious omnivore, this book will banish your doubts. Youâ™ll find you can get enough protein, fit in at a potluck, learn to love cauliflower, and enjoy pizza, nachos, brownies, and moreâ™ without any animal products at all. (Even vegan pros will discover some new tricks!) Colorful photographs throughout will have you salivating over Kristyâ™s inventive, easy-to-follow recipes. So what are you waiting for? Get in the kitchen and leave your excuses at the door!

Book Information

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Customer Reviews

I have been a vegetarian for over 20 years; live in a house with folks that all eat meat and LOVE all things cheese so never made the transition to Vegan - Friday nights after a long week in work are just too perfect when finished with cheese, wine and olives! So when I saw this book that not only looked fun but was written by someone who at one point professed herself as a "die hard cheese nerd" : my curiosity was piqued and I added it to my Christmas list! I loved it from the moment I opened it and read it in book form which I would never typically do with a cookbook (I was also pretty hungry as my relatively new range decided to die on Christmas day leaving my food plans a little askew; so pretty food porn was the next best thing!). Things to love: no crazy tools required -blender; check, cutting board , check; I have those ...so was happy that I did not see pages requiring dehydrators and other gadgets I will probably never buy! Food I have heard of -stuff I can buy in a regular store -yet another plus! Pretty pics full of old faves - Mac N'Cheese, Pie, Mexican dishes, Asian dishes, spiced food, and yes, even cheese! This is hearty food that one can feed the family with and yet end up with clean plates and full bellies! Today I made the broccoli chickpea soup as nutritional yeast is always on hand in my pantry, and it was delicious , warm and easy to make; the Creole Corn chowder is next on my list as well as some of the rather delicious looking desserts to serve friends and family over the holidays...only to announce after they were vegan !This book is chock full of options!

This is an essential cookbook for anyone considering veganism but daunted by the idea of giving up non-vegan foods, and also makes a great addition to the cookbook shelf of anyone who already cooks vegan. All of Kristy's recipes are delicious and use "regular" ingredients - you won't need to hunt down a name-brand egg replacer or "nondairy cheese shreds". Occasionally Earth Balance or other vegan butter is suggested. I have successfully substituted coconut oil for vegan butter in all of those recipes so far, for anyone who wants to eschew the premade stuff.I've made almost a dozen recipes: the homemade BBQ sauce; green pea guacamole with homemade tortilla chips; baked bean and cornbread casserole; flourless chocolate decadence cake; BBQ jackfruit fajitas; chickpea omelettes; BBQ baked tofu; sweet and sour cauliflower; loaded Mexican baked potatoes; rosemary lemon poundcake; and molasses-hazelnut chocolate mousse tart.I have pretty much no negative

feedback about any of those recipes. I made all of them as instructed and enjoyed every last one, particularly the baked bean casserole and the rosemary lemon poundcake. This isn't the kind of food that makes you think, "this tastes vegan". It just tastes awesome! I also love the way the book is organized, with chapters each addressing a different common food-related concern about going vegan, like 'I couldn't live without cheese'. Kristy's writing is friendly, approachable and honest. She's probably also living proof that you can give up cheese, since she discusses how she used to be a fromagier. There are beautiful full-color pictures to accompany almost every recipe, which is another definite plus! I wanted to note some critiques of the book, but I could really only think of one.

Full disclosure: I love Kristy's blog and received a complimentary electronic galley from the publisher. This book is a combination of Kristy's creative recipes and gorgeous photographs by her husband, Chris Turner. Kristy's book is a cute foray into vegan cuisine. She aims to convince you that will not be lacking anything while munching vegan-style. Each chapter was created with recipes targeted to bust vegan myths: All Those Special Ingredients are Way More Expensive; I Could Never Give Up Cheese!; Where Would I Get My Protein?; Tofu Doesn't Taste Like Anything; Vegan Cooking is Too Hard; Where's the Beef?; Just Thinking about Salad Makes Me Yawn; What About Brunch?; Fake œFoods • Freak Me Out; It's All Rabbit Food; Not Soup Again!; I'd Miss Pizza; Can't I Be Pescatarian Instead?; My Friends Won't Want to Come Over for Dinner; No Way. I'm Italian (or Southern/German/Mexican/French); But I Hate (Insert Vegetable Here); I Don't Want to be Left Out at Potlucks and Family Get-Togethers; You Can't Bake Without Butter Or Eggs; Wait, Is Chocolate Vegan?; But I Scream for Ice Cream. Yeah, she definitely covers her bases! Her recipes span the simple and easy (the roasted Brussels sprouts with sweet potato were incredible) but also mostly on the elaborate side: Potato Sauerkraut Soup with Sausage Crumbles, Buffalo Cauliflower Calzones with Cashew Blue Cheese, Pretzel Dumplings with Mushroom-Sauerkraut Gravy; Salisbury Seitan Phyllo Pouches with Rosemary Mashed Potatoes. I may be wrong but I only recognize a few recipes from her blog: Spinach Artichoke Soup, Chickpea Sloppy Joes and Jackfruit Tuna Salad Sandwich. There may be others, but those were the ones I recognized because I had them previously bookmarked.

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