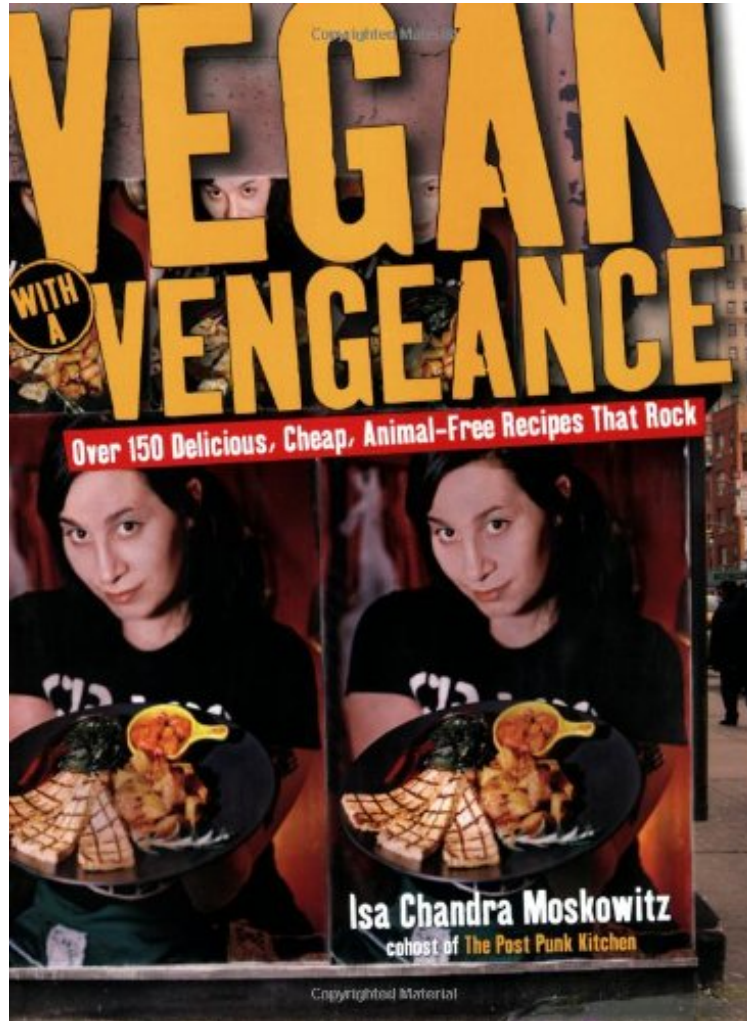


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Vegan with a Vengeance : Over 150 Delicious, Cheap, Animal-Free Recipes That Rock

Isa Chandra Moskowitz
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Isa Chandra Moskowitz : Vegan with a Vengeance : Over 150 Delicious, Cheap, Animal-Free Recipes That Rock before purchasing it in order to gage whether or not it would be worth my time, and all praised Vegan with a Vengeance : Over 150 Delicious, Cheap, Animal-Free Recipes That Rock:

72 of 73 people found the following review helpful. A classic that just got betterBy Deb Nam-KraneIs saying I Love It a cheat because I loved the first one? I say no, since this isn't just a redux of the original but a definite improvement (and not just because the cover is much snazzier). Moskowitz not only added some goodies from her other books (Pumpkin Cheesecake with Praline Topping deserves to be published twice), she also added some delicious looking photographs (ah, that's what the Pomegrante Tofu is supposed to look like, and mmm, the Mashed Potatoes with

Chickpea Gravy looks even better than I'd thought). What's more important is what she took away, namely the laundry list of ingredients which were featured in her first book. Don't worry, there's still plenty of ingredients in Black-Eyed Pea Curry, but the others are somewhat shortened. More importantly, you feel like you have a little more permission to scale down in this release if you don't happen to have everything she lists. Highly recommended that everyone who had the original replaces their copy immediately. 8 of 8 people found the following review helpful. Can she write a bad recipe? By Brandon Melisa can probably count on one hand the number of recipes in Isa's cookbooks that I didn't care for. This book is no different! Everything we have tried thus far is great. You won't be disappointed. 7 of 7 people found the following review helpful. Vengeance Never Tasted So Good By Kyleigh Vegan with a Vengeance is strong and in your face, it's punk-rock and animal advocacy wrapped up in a neat parcel served with delicious vegan fare. I love the tone of this book, I love the atmosphere of it, I love Isa's voice. Her writing style is witty, hilarious, and extremely engaging. I love her stories, her personal anecdotes, and her pop-culture references, and staunch liberalism. For some this may be a turn-off, but not for me. I love bold, and I love in your face, and I love people who are not afraid to be who they are, and just do something different. This book feels authentic, Isa is authentic, she's not trying to be a celebrity chef, she's not trying to get onto the food-network, she's just her, take it or leave it, and that's what's so endearing about her and this book. Unfortunately I do not use this book as much as I would like to, and that has nothing to do with the recipes because the recipes I've made thus far have been stellar. My problem is the layout of the book, I just don't like it. This is not Isa's fault but her publisher. I just don't like the way it looks, I don't like the way it's organized, I don't like the font style, and I hate the lack of pictures. The middle section of the book has a few pages of color photos that I don't think are particularly well done, they aren't well lit and do not do the food justice. Again these are the publisher's mistakes not Isa's, I feel like if they'd re-issue the book with a better layout and nice pictures it would be so much better. Other points that may be of concern for some is that there is no nutritional information given for the recipes. Also this is not a diet or health cook book, so items such as white flour, sugar and oil are used. If that's a concern for you then I suggest you find a health food book some place else. If however you're interested in making innovative, and creative yet comforting vegan fare that doesn't use a lot of 'out-there' ingredients then this is for you. I am personally turned off when vegan cook books rely heavily on processed vegan meats, cheeses and other such products. The thing that stands out about this book - and all of Isa's books - is that she typically sticks to vegan protein sources like beans, tofu, tempeh, and seitan. Very rarely do her recipes call for any vegan 'meat' products and when she calls for vegan sausage she often provides a recipe for a home-made seitan sausage that you could use. The same goes for cheese, she rarely calls for processed store-bought vegan cheese and finds other ways to make her food cheesy in a much healthier and more economical way. I love that. I also love that most of the recipes are simple, not too involved, do not include too many ingredients and have relatively short cooking times. All of these things help to make cooking vegan on a time and money budget more feasible, and I think she offers great variety in her recipes. Overall I think this is a gem of a book, the layout and the execution may be poor in my opinion but the excellent recipes make up for that. It's obvious that Isa took a lot of time and care in crafting these recipes because it shows, and for that I'm grateful. There's nothing better than owning a cook book by someone who's truly passionate about cooking. So of the recipes I've made this is what I thought. Tempeh and White Bean Sausage Patties - Loved it Tempeh Sausage Crumbles - Loved it - a 'go-to' recipe for me Tempeh Bacon - Loved it Baking Powder Biscuits and White Bean Tempeh Sausage Gravy - Loved it, a 'go-to' recipe Coconut Pancakes with Pineapple Sauce - pretty good Ginger Pear Waffles - Loved it Oatmeal Banana Raisin Waffles - Loved it Lemon Corn Waffles with Blueberry Sauce - Loved it Pumpkin Waffles - Loved it Lemon Poppy Seed Muffins - Loved it The Best Pumpkin Muffins - Loved it Fresh Mango Summer Rolls - Loved it Spanakopita - Loved it Falafel - Loved it Curried Tempeh Mango Salad Sandwiches - Loved it Tempeh Ruben - Loved it Tempeh Lettuce and Tomato - Loved it Tofu Dill Salad Sandwiches - Loved it Mashed Potatoes with Punk Rock Chickpea Gravy - Loved it Garlicky Kale with Tahini Dressing - Loved it Roasted Brussels Sprouts with Toasted Garlic - Loved it Pizza Dough a Novel - Love it Isa Pizza - Loved it - a definite favorite pizza Classic Pesto - Love it Basil-Tofu Ricotta - Love it Potato and Tempeh Sausage Pizza - Love it BBQ Pomegranate Tofu - Love it Jerk Seitan - Love it Seitan Portobello Stroganoff - Love it, a definite favorite. Stroganoff is hands down my husband's favorite dish, and I've made many a vegan stroganoff in my time but this is by far his favorite. Cold Udon Noodles with Peanut Sauce and Seitan - Loved it Banana Split Pudding Brownies - Loved it Raspberry Blackout Cake - Loved it Fauxstess Cupcakes - Loved it Sweet Potato Pie with Three Nut Topping - Loved it Gingerbread Apple Pie - Loved it Peach Cobbler - Loved it! While this is not my favorite of Isa's cookbooks, I think it makes a great addition to any collection. I wouldn't hesitate to recommend it to a friend or family member, novice or veteran I think it has something to offer any vegan or even a curious omnivore.

In *Vegan with a Vengeance*, Isa Chandra Moskowitz, host of the community access vegan cooking show *The Post Punk Kitchen*, brings the do-it-yourself, community-driven ethos of punk rock into the kitchen. Her cooking philosophy embraces being kind to animals (all recipes are completely animal-product free) and your wallet while being creative and having fun in the process. She emphasizes staying clear of corporate brand-name foods, and says that cooking should be an innovative, experimental, and completely real experience. This one-of-a-kind cookbook

offers 125 recipes for all meals of the day, from stuffed mushrooms to tofu pizza, gingerbread cupcakes to pasta with "alfreda sauce," and is full of tips and tricks on how to keep your diet vegan, inexpensive, and liberated.

From Publishers Weekly To appreciate this quirky vegan cookbook, readers must welcome the author's offhand, rambling style. A chatty Brooklynite who hosts her own public access cooking show, she scatters stories about her mother, her friends and her politics among recipes for goodies like Fresh Corn Fritters and Curried Split Pea Soup. In one anecdote, she writes that her mother liked the scones from "one of those overpriced French cafes in Union Square," prompting the author to create Glazed Orange scones in her mother's honor, and the sweet, rich result rivals the average "overpriced caf" model. BBQ Pomegranate Tofu is actually baked, not barbecued, but still the tofu is rich and smoky, terrific over rice or packed into heroes. Even better, the vegan iterations of Spanakopita and Seitan-Portobello Stroganoff so closely approximate the traditional versions that even the pickiest eaters would happily trade one for the other. And although there's no chicken broth in Matzoh Ball Soup, the vegetable stock is hearty enough to cure the fiercest cold. Best of all, and rare in a vegan cookbook, the author provides several appealing dairy-free desserts that are tasty enough to fool most omnivores, yet unique enough to thrill any vegan who just can't face another tofu ice cream bar. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Named a Top Ten Vegan Cookbook by VegNews, July/August 2010