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Cook, Eat, Thrive: Vegan Recipes from Everyday to Exotic (Tofu Hound Press)

Joy Tienzo

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Encouraging chefs to savor the cooking process, this collection of recipes provides distinctive meals using fresh, flavorful ingredients. Drawing from a variety of influences, it features diverse, innovative vegan dishes, ranging from well-known favorites such as Buttermilk Biscuits with Southern Style Gravy and Barbecue Ranch Salad to more exotic fare such as Palm Heart Ceviche and Italian Cornmeal Cake with Roasted Apricots and Coriander Crème Anglaise. A wider culinary horizon with internationally inspired dishes is offered—ideal for creating cuisine that allows people, animals, and the environment to thrive. With planned menus for all occasions; clear symbols for raw, low-fat, soy-free, and wheat-free recipes; and a section on making basics such as seitan and nondairy milks, this is an essential handbook for those interested in cooking the very best vegan food.

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