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Food52 Vegan: 60 Vegetable-Driven Recipes For Any Kitchen (Food52 Works)



Synopsis

An essential collection of hassle-free, vibrant vegan recipes, from the author behind Food52's wildly popular The New Veganism and Vegan Lunch columns. Omnivore or vegan (or anywhere in between), we're all looking for memorable, flavorful dishes to cook for ourselves and the people we care about. If those recipes happen to be healthful, nourishing, and friendly to vegetarians and vegans, even better. With her wildly popular New Veganism column on Food52, Gena Hamshaw has inspired home cooks to incorporate plant-based recipes into their everyday routine and even gained some nutritional yeast and cashew cheese converts. This vibrant collection of all-new recipes plus beloved favorites from the column along with exquisite photography and helpful tips throughout will show all of us innovative ways to cook with fresh produce and whole foods. From Savory Breakfast Polenta to Cauliflower and Oyster Mushroom Tacos to Ginger Roasted Pears with Vanilla Cream, these recipes are delicious, dependable, and deeply satisfying. Cook from this book just a couple of times and you'll soon find yourself stocking up on coconut oil, blending your own nut milks, seeking the sweetest tomatoes at the market, and looking at plant-based dishes in a whole new way.

Book Information

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Customer Reviews

I was really happy with Kristen Miglore's *Food52 Genius Recipes*, and was hoping that I would see some of that genius rub off on a sizable amount of vegan recipes with this book.

But, sadly, no: The pizzazz and excitement is not here. The delight and amazement I felt when I first started working with the "Genius Recipes" are not the feelings I get with this book's recipes. Plus, there are only 60 recipes in this book! What? Is this a trend? I'm seeing "75 or less recipes is enough to make the compilation into a book? I hope it is not a trend that takes hold. So, based on the quality of the recipes, I give this book a four-star rating. I knocked it down from there because 60 four-star recipes is still just 60 recipes. A Vegan with no experience at all and no other Vegan cookbooks on their shelf might give this book a five star rating. To give this cookbook credit, there are a few worthy building blocks here for dedicated Vegans: Sweet Cashew Cream, Savory Cashew Cream (to take the place of sour cream), a pie crust with coconut oil, "Egg Replacer", and tofu feta. I am totally disappointed with the Soup chapter "too much creamed and not enough chunky; and the Salad chapter is nothing new or different. And the Main Dishes? Well, how hard is it to create a tasty vegan pasta, pizza or lentil burger? (Although the Butternut Squash Mac and Cheese, with two types of milk, miso and nutritional yeast is very good!) The "Lentil Sloppy Joes" and "Roasted Ratatouille" with chickpeas are nice recipes, too. Besides the 60 recipes, the author's "Vegan 101" will run you through important Vegan staples "what they are and how to choose them. I found "Choosing the Right Tofu for the Job" and "Choosing Sugar" to be very helpful.

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