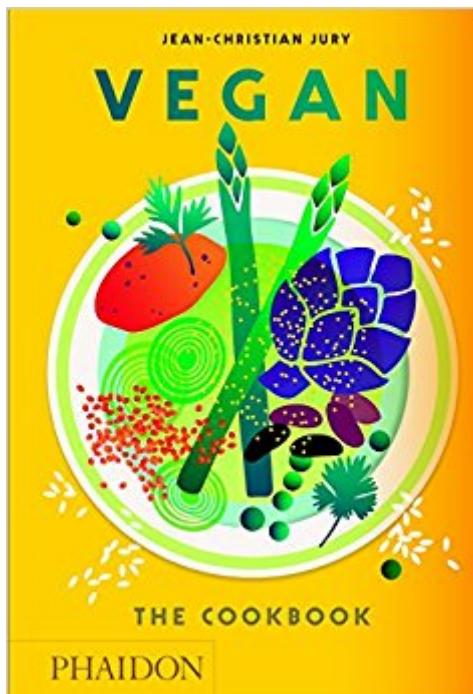


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# Vegan: The Cookbook



## Synopsis

The definitive and most comprehensive cookbook of traditional and authentic home cooking vegan dishes from 150 countries around the world."Ã¢â€•Vegan MagazineWith nearly 500 vegetable-driven recipes, Vegan: The Cookbook, inspired by cuisines around the world, brings vegan home cooking to new levels of deliciousness. Featuring dishes from countries ranging from Albania to Zambia, it showcases the culinary diversity of vegan cuisine, highlighting regional fruits and vegetables, traditional cooking techniques, and universally delectable flavours. Home cooks will discover sweet and savoury starters, soups, salads, mains, and desserts for all to enjoy, accompanied by straightforward instructions and gorgeous colour photography.

## Book Information

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Best Sellers Rank: #32,692 in Books (See Top 100 in Books) #42 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #130 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

"Vegan is not only an informative cookbook but... also [a] guide to the right way to eat... It shows how a vegan diet can be both delicious and full of nutritional value."Ã¢â€•Kwang Uh, Chef, Baroo"Now you can eat your way around the world with Jean-Christian Jury, without leaving your kitchen. There are over 450 vegan dishes in Vegan: The Cookbook from countries such as Peru, France, Turkey, India and as far away as Nigeria and Tunisia. He has done all the work so we can go on a gastronomic tour of the globe."Ã¢â€•Chloe Coscarelli, vegan chef and cookbook author"From the first sight and then the first bite at Jean-Christian Jury's La Mano Verde in Berlin, I was in love. Now, with Vegan: The Cookbook, it's a dream come true to have Chef Jean-Christian in my kitchen! The recipes in this beautiful book are creative but not complex, thanks to his clear directions."Ã¢â€•Mimi Kirk, bestselling author, plant-based chef, international speaker"For a long

time, vegan cooking has lived in the shadow of the health food movement of the Sixties and Seventies, but here's a cookbook that blasts away the past and jumps boldly into a multi-culinary future where veganism isn't just about saying no to animal products but is instead about saying yes to hundreds of mind-blowing dishes from Iraq to Ireland, and from the Philippines to Peru."•Amanda Cohen, chef & owner, *Dirt Candy*"Jean-Christian has long been a pioneer and visionary leader in the plant-based world. *Vegan: The Cookbook* brings to life the depth of experience, creativity and global approach that has defined his work over the last several years. I am glad to see these wonderful recipes shared with a world that has a growing interest in healthier, sustainable cuisine."•Chef Matthew Kenney"There are more than half a million vegans in the UK, according to the Vegan Society. That's a whopping three and half times the number from 10 years ago. Veganism used to be considered a quirky, left-of-centre lifestyle choice; in 2017 it goes mainstream... [*Vegan: The Cookbook*] promises to be the definitive guide to vegan cooking."•The Independent"The definitive and most comprehensive cookbook of traditional and authentic home cooking vegan dishes from 150 countries around the world."•Vegan Magazine"A tour de force of vegan cuisine inspired by the culinary traditions from every corner of the globe."•theKitchn.com"Indulge in animal free fare from around the world."•Natural Lifestyle"With nearly 500 plant-based recipes, *Vegan: The Cookbook* includes exciting dishes from cultures and cuisines around the world."•Peta.org.uk"[This] comprehensive cookbook is a gastronomic tour of vegan cuisine, featuring nearly 500 recipes from France to Nigeria. Beautifully illustrated, the dishes are both creative and easily executed. (It's also a gorgeous coffee table accessory.)"•Furthermore/Equinox"If you buy just one cookbook this year, make it *Vegan: The Cookbook*."•PETA

Jean-Christian Jury is a vegan and raw-food chef from Toulouse, France. In 2008 he opened La Mano Verde in Berlin, Germany, his first vegan restaurant, and received praise from *Saveur* and *Rodale's Organic Life*, and many international publications. He now lives in Los Angeles, California, where he is developing La Mano Verde.

Just what we were looking for, thank you

An Excellent cookbook with clearly outlined recipes and nice photography. The index is great and in 4 parts: General (eg, carrots), Country (eg, Spanish, India, etc), Food type (eg, cakes, bakes etc), Courses (Mains, desserts etc). I have about 10 of the Phaidon cookbooks and this is now my

favorite.

I'm a newbie vegan and have been delighted by all the delicious recipes. They are easy to follow and the selections I've prepared have all worked perfectly. I love the global nature of the recipes and have even tried a few of the end-of-book gourmet selections which were slightly more challenging but equally delicious. It is also beautifully designed with color photographs of the finished dishes.

This book has many recipes that have limited ingredients and are delicious and simple. Chef Jury puts together ingredients and flavors that work well. I was lucky enough to get this book from an event where he demonstrated his mango chill salad which is in the book and also simple and yummy. This will be my go to book for everyday type cooking as well as dinner party menus.

If no one has the audacity to call this the Vegan Joy of Cooking, I will go ahead and do that right now. As a non-vegan who just wanted to expand my horizons since I love food and have been cooking for myself for two decades, some of that time professionally as well, this is delightfully comprehensive and packed cover-to-cover with amazing recipes.

The chef's love of vegan food shines through the pages of this cute book, which contains a massive variety of healthy vegan recipes – 500 of them. As a vegan who didn't used to put much effort into his own homecooking, it's a joy each time I crack this book open to find a new meal idea.

The best cookbook ever! Endless variety of recipes, and all delicious and easy to make!

Not a practical cookbook at all. Full of recipes with hard to get ingredients. My local market just doesn't carry banana blossoms. It is more for entertainment purposes for foodies. If you want recipes you will use regularly, buy a different book. This chef is not in touch with ingredients most home cooks have access too.

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