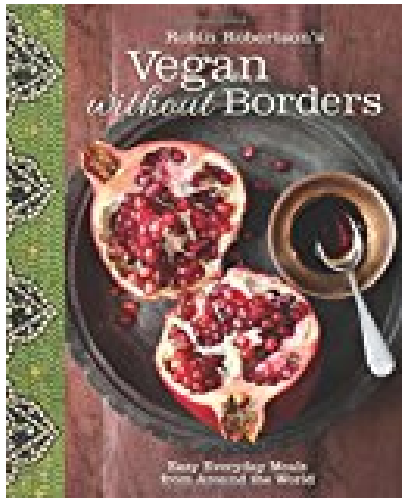


Robin Robertsons Vegan Without Borders Easy Everyday Meals from Around the World



BOOK DETAILS

- Author : Robin Robertson
- Pages : 304 Pages
- Publisher : Andrews McMeel Publishing
- Language : English
- ISBN : 1449447082

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BOOK SYNOPSIS

Vegan Without Borders shares Robin Robertsons favorite dishes from the great cuisines of the world and shows how cooking vegan makes borders disappear. Whether the recipe hails from Ecuador or Ethiopia, these plant-based dishes invite you to travel the culinary world and sample 150 of Robins all-time favorites. This mini-immersion into global cooking also reveals that many international cuisines are naturally free of the meat-and-potatoes constraints of the typical Standard American Diet (SAD), and food-loving vegans will delight at the dishes Robin places on her table at home. The recipes are healthy and accessible but without compromising on flavor. The pastiche of plant-based delights are organized by country or region of the world, making it easy to prepare a single recipe or to put courses together for a complete meal in a particular cuisine. The recipes include family-style comfort foods, global ethnic favorites, and creative new dishes inspired by the classics, all developed to satisfy a variety of mealtime desires. The result is a bounty of mouthwatering recipes that span the globe, representing the cooking traditions of more than twenty different countries of Europe, the Americas, Africa, the Middle East, India, and Asia. Recipes include: Polenta Rustica with Kale and Bean Ragout Potato Gratin Dauphinoise Baked Eggplant Fries with Tzatziki Sauce Chickpea Nuggets with Buffalo Barbecue Ranch Sauce Blue Ribbon Chocolate Cake Mojito Sweet Potatoes Melon Paletas Zaatar Roasted Cauliflower Lemongrass Coconut Rice Red-Cooked Tempeh Sizzling Saigon Crepes Bangkok Street Cart Noodles

ROBIN ROBERTSONS VEGAN WITHOUT BORDERS EASY EVERYDAY MEALS FROM AROUND THE WORLD

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