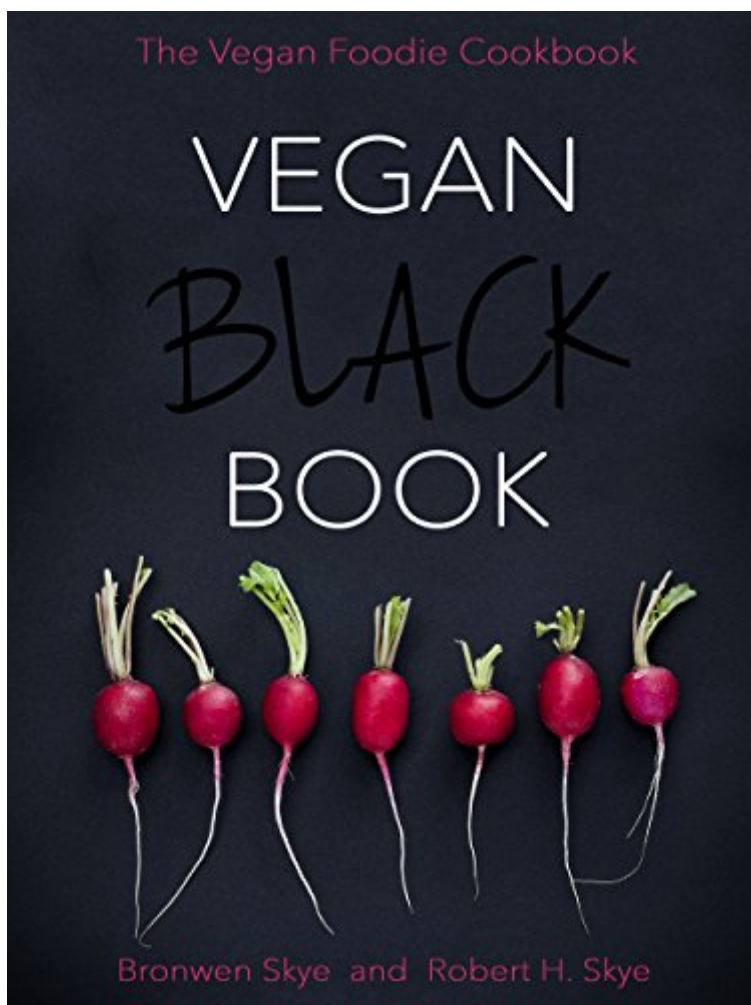


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Vegan Black Book: The Vegan Foodie Cookbook



Synopsis

The Vegan Black Book – The Cookbook That Shouldn't Be Missing from Any Vegan Pantry! Let's face it. Changing to a Vegan diet might be the best thing you've ever done in your life. However, it does come with a bit of a challenge. You've got your home kitchen equipped with all the right stuff, tons of crisp, fresh veggies are sitting around in your fridge and you are full of excitement for what is to come! It is only after you've spent hours delving into bulky vegan cookbooks with long, complicated recipes, weird ingredients and not a single picture in sight, that you realize your quest for the perfect vegan dish might not be as easy as you thought. Simple, Great Tasting Recipes for the Contemporary Vegan Being dedicated vegans and chefs for years, authors Bronwen and Robert Skye know from personal experience that these are the sort of difficulties that can easily turn your vegan enthusiasm to a huge disappointment. After all, what good is homemade vegan cuisine, if it is not easy, delicious and fast? While keeping taste at the forefront, each of the over 100 vegan recipes contained in this cookbook is lovingly created for today's busy lifestyles. From the ingredients lists to the recipe layout, everything has been thoughtfully designed to simplify and inspire vegan cooking for both beginners and experienced vegans. With mouthwatering pictures for every single recipe, well written cooking instructions, clear, descriptive titles and a highly practical, one recipe per page layout, this is must-have cookbook for the contemporary vegan, who doesn't want to compromise taste for simplicity. An Inspiring Vegan Recipe for Every Day of the Year! Inside the Vegan Black Book you will find delectable recipes for entrees, curries, pastas, main courses, sauces, dips, snacks, desserts and more – literally a perfect, healthy and easy to prepare meal for each day of the year! And the best part? It comes with a jaw-dropping price tag, which you really can't afford to miss! Order Yours Today and Get Ready for Delicious, Vegan Cooking! Click "Add to Cart" Now, Before They're Gone!

Book Information

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Vegan

Customer Reviews

This is a wonderful book of recipes that has been thoughtfully prepared by two obviously dedicated vegans. This is for the cook who wants recipes and inspiration for everyday cooking - 365. Being raised in a family with varying dietary restrictions, I really appreciate the direct approach and layout. The categorization - Entrées, Curries, Pastas, etc.... with descriptive recipe titles makes it easy to browse through the meals, sauces/compliment that speak to you! With pictures for each recipe and the one recipe per-page layout, it's very easy to discern if the time/ingredients you have on hand fits the occasion. My first foray into these recipes was the vegetable frittata with roasted red vegetable sauce. The frittata was fluffy and creamy; the roasted red pepper sauce was delectable enough to be served on it's own! Choosing which recipe to try next is the only real challenge here. Bravo!

I was gifted this book and count myself so lucky that I was. I've been trying some of these recipes this week, and I'm very happy with how they turned out. As I like my food spiced, I headed straight for the Curry section. The Apple and Onion curry was a revelation. Never had anything like it before and so tasty. The book is easily referenced, broken down into meaningful sections with loads of ideas for leaving out meat from your diet for a few occasions. Congratulations to the authors. This is a great recipe book with pictures that will definitely encourage you to jump in. Recommended (for us meat eaters) as a great alternative cook book to have in the kitchen.

I grew up a meat eater and became a vegetarian when I was a teenager and a vegan in my

twenties. At the moment we eat kosher but I really like to get back to eating vegan (kosher) meals. During one of our house moves for some reason our cookbooks never arrived at the new home and this book looks like it will fill the gap nicely. I am on a restricted diet at the moment but my daughter says that she cannot wait to try out some of the recipes such as the Tiramisu and Rawberry Skye Cheesecake. The book holds one hundred recipes which means that realistically this is the one and only vegan book you'll need for all your meals! That's crazy good value! It is hard to find good vegan cookbooks and with this one it'll be as if all your meals are restaurant meals. As a super bonus, when you buy this book you can get the author's next cookbook for free!!

I was always hesitant about trying vegan cookbooks, fearing they would have strange hard to find ingredients. I'm pleasantly surprised and have enjoyed deciding what my husband and I will be trying this week.

I've always wanted to try vegan cooking, but wasn't sure if I was going to like it. I'm so happy I got this book, and gave vegan a shot. I loved reading about how the authors spent time perfecting the recipes in this book - I love people who are passionate about cooking. This book is filled with delicious recipes that are easy and fun to make. I've already tried some, and can't wait to work my way through the whole book. I also love that there are pictures of the recipes - they are one of my favorite things about cookbooks. I highly recommend this amazing book about vegan cooking - you'll love it!

Vegan Black Book by Bronwen Skye is a well-developed and thought-out compilation of what looks to be very tasty vegan recipes. I loved learning in the introduction the amount of work and care that Ms. Skye and her husband dedicated to perfecting the chosen recipes. And even though I haven't made anything, yet, I still had to write a review and let others know that this cookbook has a photo of the finished dish next to each recipe. For me, that's a deal breaker when it comes to cookbooks. Because I'm a visual learner, and not a very intuitive cook, I need a photo as my guide until I get comfortable, and this book does that in spades! I've already started my list of recipes I can't wait to try...Pasta with so Awesome Tomato Sauce, Pumpkin Lasagna, Coconut Curried Stew, and Chocolate Rum Pie to name a few!

The Vegan Black Book was a great find for me. I recently met some vegans who had told me their ethical reasons for choosing veganism, but I was more interested in the dietary and health reasons

associated with it. I purchased several vegan cookbooks online and this was a standout. This book does a nice job of introducing the different reasons for the lifestyle choice and gives a ton of interesting and fairly simple recipes to try. I particularly enjoyed the recipe for Autumn Pizza, amazing! Even if you are not a Vegan, this is a great resource.

I just downloaded this book, so have not yet prepared any of the recipes. But I will definitely be using this cookbook, because it is just inviting me to try it: The layout is very nice, directions are clear, and it has beautiful photos of the end results. While it may not be true of all the recipes, because I have not read the entire book, I have not yet seen an ingredient that I think would be difficult to find or that is unfamiliar to me.

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