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A Vegan Taste of North Africa. £5.99. Hover over image to zoom. Product Information "Morocco, Algeria, Tunisia, Libya and Egypt are the countries whose native cooking inspires the recipes in this book. You need only picture market stalls piled high with local fruit and vegetables, and imagine the aroma of the fresh herbs and spices, to realise ...

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Scottsdale Culinary Institute and is a NY Times bestselling author. He believes that eating clean does not mean compromising on flavor.

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This collection of cookbooks interprets the savory flavors of international cuisines for the animal-free, vegan diet. Each region's most famed dishes are detailed or redesigned to be meat- and dairy-free. With recipes for

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appetizers, breads, salads, main courses, desserts, and drinks, each cookbook covers the entire culinary palate. With influences from East and West African culinary ...

A Vegan Taste of North Africa - Linda Majzlik - Häftad ...

Get your vegan taste-buds tingling! North Korean Kimchi. Alas, Kimchi may not be one of those things you'll be able to enjoy. This tasty fermented cabbage side-dish is sweeter, and less spicy than its South Korean counterpart and can be found everywhere and is eaten with every meal. Seriously. Kimchi

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galore. This would be great if we could eat it.

Finding Vegan Food in North Korea | Young Pioneer Tours

English. By (author) Linda Majzlik ,
Illustrated by Amanda Henriques. Share. This collection of cookbooks interprets the savory flavors of international cuisines for the animal-free, vegan diet. Each region's most famed dishes are detailed or redesigned to be meat- and dairy-free.

A Vegan Taste of North Africa : Linda Majzlik

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: 9781897766835

With influences from East and West African culinary traditions, the cuisine of North Africa is presented in this recipe collection, which provides the vegan cook with an opportunity to experiment with a wide range of crosscultural dishes. Included are recipes for Moroccan pizza, Tunisian vegetable stew, Egyptian chocolate cake, and cardamom coffee.

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by Majzlik, Linda (ISBN: 9781897766651) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

This collection of cookbooks interprets the savory flavors of international cuisines for the animal-free, vegan diet. Each region's most famed dishes are detailed or redesigned to be meat- and dairy-free. With recipes for appetizers, breads, salads, main courses, desserts, and drinks, each cookbook covers the entire culinary palate. With influences

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from East and West African culinary traditions, the cuisine of North Africa is presented in this recipe collection, which provides the vegan cook with an opportunity to experiment with a wide range of crosscultural dishes. Included are recipes for Moroccan pizza, Tunisian vegetable stew, Egyptian chocolate cake, and cardamom coffee.

Offers reinterpretations of over one hundred recipes for Caribbean meals all free of animal products, including mixed veggie jerk, Jamaican patties, and baked stuffed cabbage leaves.

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This collection of cookbooks interprets the savory flavors of international cuisines for the animal-free, vegan diet. Each region's most famed dishes are detailed or redesigned to be meat- and dairy-free. With recipes for appetizers, breads, salads, main courses, desserts, and drinks, each cookbook covers the entire culinary palate. Vegan cooks can reproduce the traditional flavors of Greek cuisine with this book, which includes recipes for walnut-stuffed mushrooms, chickpea soup, gyros, and baklava.

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From actor and avid traveler Mena Massoud comes a collection of diverse, delicious, and accessible vegan recipes inspired from dishes all over the world, perfect for everyone at the table! It's safe to say that veganism is no longer just a trend. Lifelong vegans, part-timers, and aspiring vegans are a diverse and eclectic group of people from all walks of life and backgrounds, and yet, there's very little out there in mainstream media that reflects this new reality. The Evolving Vegan cookbook celebrates both flavors and stories from a wide array of plant-based eateries all across North America, proving that a plant-

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friendly diet is truly accessible to all! In this book you will meet Cyrus Ichiza from Ichiza Kitchen in Portland, whose Taiwanese mother inspired him to share his Southeast Asian roots through authentically flavorful vegan dishes. You'll learn legendary behind-the-scenes secrets of San Francisco's Peña Pachamama, a Bolivian plant-based restaurant that serves national dishes like pique macho and aji de fideo. And you can finally conquer veganism once and for all, without sacrificing the delicious flavors you love. Containing recipes from many different countries and cultures, and including helpful

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tips for lifelong and transitioning vegans alike, *Evolving Vegan* takes you on a food-based road trip to explore the vibrancy of veganism across North America.

This collection of cookbooks interprets the savory flavors of international cuisines for the animal-free, vegan diet. Each region's most famed dishes are detailed or redesigned to be meat-and dairy-free. With recipes for appetizers, breads, salads, main courses, desserts, and drinks, each cookbook covers the entire culinary palate. Classic French dishes are reinterpreted in this collection

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of recipes for the animal-free diet. This recipe book remains true to authentic French flavors in its meat-and dairy-free renditions of pate, terrine, cassoulet, ratatouille. walnut bread, and apricot frangipane.

SUPERANNO A totally vegan cookbook, its recipes will appeal to vegetarians and non-vegetarians, first time cooks and experienced chefs. This book is designed to be put to use in the kitchen--with its lay-flat binding, wipe-clean laminated cover, and easy to follow recipes. Bake delicious homemade breads. Try new vegetarian ideas for

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breakfasts, make sandwiches, salads, soups, and pastas for lunch and dinner. Explore vibrant raw foods. Original.

Plant-Based Recipes with Heart and Soul Here to ring in a new era of vegan cooking is Lauren Hartmann, native Southerner, chef and founder of the food blog Rabbit and Wolves. In these 60 recipes, Lauren shows you how to make rich, buttery, decadent plant-based versions of all your favorite southern foods, so you never again have to miss out on the tastes you love. With foolproof cooking methods and easy substitutions, every bite of

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these spot-on vegan dishes will transport you to a warm summer night, full of family, tradition and (of course) a little sweet tea. Start the day with a proper southern brunch, complete with a Giant Goey Toffee Cinnamon Roll and Black Pepper-Chive Biscuits and “Sausage Gravy.” Gather the whole family for a seriously good feast, with Cheesy Biscuit Vegetable Pot Pie, Pecan-Crusted Tofu with Mashed Sweet Potatoes and Collard Green Carbonara. Don’t forget to serve them with the best southern staples, like Candied Jalapeño Hushpuppies, Pimento Cheese Spread and Dill Pickle Pasta Salad. Finish the meal

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off with a slice of Mississippi Mud Cheesecake, Berry-Peach Cornmeal Cobbler or a Red Velvet Funnel Cake. These comforting recipes perfectly capture the rich flavors of the South, all while helping you discover a delicious plant-based side of everything fried, stewed and barbecued.

"Authentic sauces, delectable side dishes, zesty salsas, and many more selections that remain true to the culinary traditions of Mexico fill this vegan cookbook. One hundred and thirty recipes provide detailed instructions for preparing a wide range of

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dips, soups, and salads as well as main courses, desserts, and cakes that do not use animal ingredients."

Veganism is going mainstream. The benefits of consuming fewer animal products appear frequently in the news, and public figures and celebrities have openly embraced the tenets of a vegan diet, bringing it further into the food consciences of baby boomers, millennials, and postmillennials alike.

Whether exploring a vegan diet for health, environmental, or political reasons, more and more people are looking to get hearty, plant-

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based meals onto their table. But eating vegan can seem overwhelming- Will it be flavorful? Satisfying? Easy to make? And it's easy to rely on processed foods. America's Test Kitchen addresses head-on what intimidates people- finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. With more than 200 vibrant, foolproof recipes including proper day-starters, "cheesy" pizza you'll actually want to eat, filling vegetable-and-grain bowls, new dinner favorites, appetizers, DIY staples, and the

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ultimate birthday cake, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

A vast region of climactic and geographic extremes, East Africa is often characterized as a wasteland of the tastebuds, where harsh conditions lead to basic, flavorless food. This vegan cookbook dispells that myth, showcasing East Africa's hearty, healthy, and delectable ingredients—from sweet potatoes and cassava to sorghum, spices, and savory curries. Italian, Indian, and Portuguese

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influences combine with native African traditions and tastes to create a truly unique regional flavor. The cookbook's adventurous recipes sample the best animal-free ingredients of the region to create easy-to-make and easy-to-enjoy vegan meals.

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