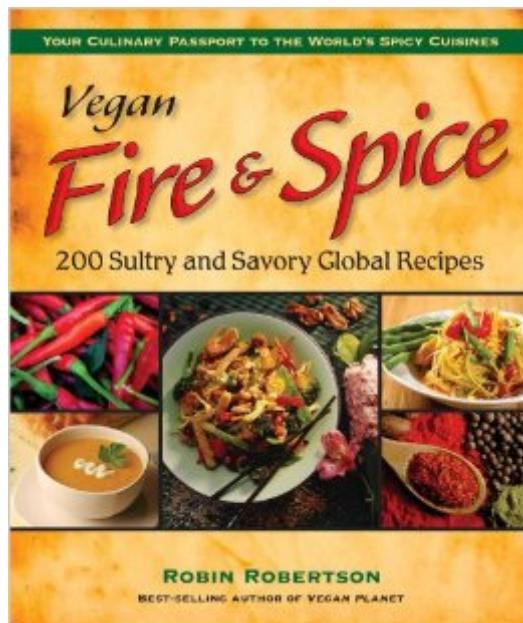


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Vegan Fire & Spice: 200 Sultry And Savory Global Recipes



Synopsis

This book is your culinary passport to the world's spicy cuisines. It lets you take a trip around the world with delicious, mouth-watering, meatless, dairy-free, and egg-free recipes, ranging from mildly spiced to nearly incendiary. Explore the spicy cuisines of the U.S., South America, Mexico, the Caribbean, Europe, Africa, the Middle East, India, and Asia with: Red-Hot White Bean Chili, Tunisian Couscous, Vindaloo Vegetables, Vegetable Tagine wth Seitan, Szechuan Noodle Salad, Turkish Bulgur Pilaf, Jambalaya, Thai Coconut Soup, Penne Arrabbiata, Satays with Ginger Peanut Sauce, and many more. Organized by global regions, this book gives you 200 inventive and delicious 100% vegan recipes for traditional international dishes, using readily available ingredients. Best of all, you can adjust the heat yourself and enjoy these recipes hot - or not. (Note: This is a 100% vegan, revised and updated version of Robin's 1998, out-of-print vegetarian book, *Some Like It Hot*, and contains new recipes and important new content.)

Book Information

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Customer Reviews

I went vegan two months ago--something I never thought I could do. Giving up meat, I knew I could handle; but giving up cheese, cream and yogurt? Impossible. Still, what I had learned about the dairy industry compelled me to give it my best shot, so I immediately bought 3 vegan cookbooks to help me with the somewhat daunting task of eliminating animal products from my diet. And I must admit that, of the 3 cookbooks I bought, this is the one that has gotten the most use by far, even though it's the smallest of the three. Perhaps I am biased, because I love spicy food? I'm not sure.

What I do know is that the recipes in here are fabulous. I haven't tried all of them--far from it; I've only tried a handful--but those that I have made have been so delicious and easy to make that I keep making them over and over again before trying new ones, just because I know I love them. My very favorite is the Chickpea and Green Bean Curry, which I have made several times now for omnivorous friends who all love it and agree that there is nothing missing. But the Lentils in Onion Gravy (don't be fooled--it's an absolutely delicious Indian dal with amazing flavor; the name is deceptive) are right up there with the curry. The Moroccan Chickpea Soup was bursting with flavor. The Nigerian Peanut Stew is one of the most interesting (and heartiest) meals I've ever made. And there are so many others I can't wait to try...The only recipe so far that has disappointed me was, ironically, the very first one I tried, a Spicy Eggplant and Potato Stew with chickpeas. I don't know if I made it wrong, or if I just don't like that recipe much, but I was disappointed, and almost thought that I wasn't going to like the cookbook.

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