



## Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)

By Robin Robertson



### Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson

Open the door to a whole new world of delicious, healthy choices! If you are one of the millions of Americans moving away from meat, dairy and eggs in your diet, whatever the reason, then **Vegan Planet** is for you. It is by far the most comprehensive vegan cookbook ever and proves once and for all that the vegan way of eating can easily provide all the nutrition you need, and so with astonishingly varied recipes and absolutely fabulous food.

Recipes include:

- Mango Tango Smoothie
- Pumpkin Pie Pancakes
- Fried Green Tomato Po' Boys
- Ginger-Scented Pot Stickers
- Curried Cauliflower Pakoras
- Butternut Squash and Wild Mushroom Lasagna
- Hot Tomale Vegetable Pie
- Turkish-Style Stuffed Eggplant with Walnut Sauce
- Five-Spice Chocolate Layer Cake
- Banana Swirl "Cheesecake"

 [Download Vegan Planet: 400 Irresistible Recipes With Fantas ...pdf](#)

 [Read Online Vegan Planet: 400 Irresistible Recipes With Fant ...pdf](#)

# **Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)**

*By Robin Robertson*

**Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)** By Robin Robertson

Open the door to a whole new world of delicious, healthy choices! If you are one of the millions of Americans moving away from meat, dairy and eggs in your diet, whatever the reason, then **Vegan Planet** is for you. It is by far the most comprehensive vegan cookbook ever and proves once and for all that the vegan way of eating can easily provide all the nutrition you need, and so with astonishingly varied recipes and absolutely fabulous food.

Recipes include:

Mango Tango Smoothie  
Pumpkin Pie Pancakes  
Fried Green Tomato Po'Boys  
Ginger-Scented Pot Stickers  
Curried Cauliflower Pakoras  
Butternut Squash and Wild Mushroom Lasagna  
Hot Tomale Vegetable Pie  
Turkish-Style Stuffed Eggplant with Walnut Sauce  
Five-Spice Chocolate Layer Cake  
Banana Swirl "Cheesecake"

**Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson Bibliography**

- Sales Rank: #3536845 in Books
- Published on: 2003-01-07
- Format: Bargain Price
- Number of items: 1
- Dimensions: 9.13" h x 1.36" w x 7.25" l,
- Binding: Paperback
- 592 pages

 [Download Vegan Planet: 400 Irresistible Recipes With Fantas ...pdf](#)

 [Read Online Vegan Planet: 400 Irresistible Recipes With Fant ...pdf](#)

## Download and Read Free Online *Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)* By Robin Robertson

---

### Editorial Review

From Publishers Weekly

With 400 recipes, this is probably the biggest vegan (no animal products-meaning dairy- and egg-free) cookbook on the market. It's also one of the best. Robertson (*The Vegetarian Meat & Potatoes Cookbook*) is a likable guide to possibly unfamiliar ingredients such as flaxseeds and sea vegetables, and the recipe choices are almost overwhelming. Robertson relies on the usual trick of digging into ethnic cuisines (Thai-Style Leaf-Wrapped Appetizer Bits, Baked Sweet Potato and Green Pea Samosas are among the appetizers) for vegetarian options, but she also innovates in clever ways, as with Here's My Heart Salad with Raspberry Vinaigrette with hearts of romaine, artichoke hearts, hearts of palm and celery hearts. Some of the most versatile options appear in a chapter dedicated to sauces and dressings, such as Eggless Hollandaise and Vegan B, chamel Sauce. Chapters on breakfast ideas, sandwiches, wraps and burgers-with six different veggie burger options-ensure that all bases are covered. Occasionally, Robertson relies on packaged products like the soy sausage and mozzarella that appear in "Sausage" and Fennel Cannelloni, but most of these recipes simply make the best of vegetables, legumes and grains. A cogent foreword by Barnard (president of the Physicians' Committee for Responsible Medicine) reports the startling fact that Americans-apparently misled into believing that switching from red meat to white will improve their health-now eat one million chickens every hour.

Copyright 2002 Reed Business Information, Inc.

From Library Journal

This ambitious new cookbook from the author of *The Vegetarian Meat & Potatoes Cookbook* offers dozens of imaginative vegan recipes inspired by a wide range of cuisines, from Five-Spiced Portobello Satays and Lebanese Fattoush (bread salad) to Cajun-Style Collards and Moroccan Fava Bean Stew. There are also vegan versions of such meat dishes as shepherd's pie and chili, as well as sandwiches like Curried Chicken-Less Salad and Seitan Reuben. Robertson's style is more down-to-earth than Crescent Dragonwagon's in *Passionate Vegetarian*, but Dragonwagon's book, which includes recipes made with eggs and dairy products, complements Robinson's. For most collections.

Copyright 2002 Reed Business Information, Inc.

From [Booklist](#)

When a vegetarian graduates to the more advanced status of vegan, all dairy products, eggs, and animal products disappear from the table. *Vegan Planet* by Robin Robertson appeals to the novice vegan with its simplified approach and whimsical typeface. She advocates that vegans be aware of nutritional issues such as incomplete versus complete proteins. She offers a surprising list of vegetables that originate in the world's oceans. Robertson understands the importance of using multiple and varied spices to prevent the vegan diet from becoming dull, boring, and tasteless. She uses plenty of seitan, a wheat gluten product that simulates meat's texture. Robertson even proposes a block of seitan stuffed with chestnuts and cranberries for a vegan Thanksgiving dinner. Bakers will recognize the vegan possibilities inherent in breads as Robertson offers a hearty multigrain yeast loaf as well as simple skillet combread and pumpkin biscuits. She finds a way to improve candy's general lack of nutrition by substituting ground dates for refined sugar in Chocolate Macadamia Clusters. *Mark Knoblauch*

Copyright © American Library Association. All rights reserved

## Users Review

### From reader reviews:

#### Robert Eslinger:

Often the book *Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)* will bring you to the new experience of reading the book. The author style to spell out the idea is very unique. If you try to find new book to learn, this book very appropriate to you. The book *Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)* is much recommended to you to see. You can also get the e-book from official web site, so you can quicker to read the book.

#### Willie McCall:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their free time with their family, or their very own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try out look for book, may be the book untitled *Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)* can be good book to read. May be it is usually best activity to you.

#### Virginia Shrader:

Are you kind of active person, only have 10 or 15 minute in your day to upgrading your mind talent or thinking skill even analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your limited time to read it because pretty much everything time you only find book that need more time to be examine. *Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)* can be your answer as it can be read by you actually who have those short extra time problems.

#### Terry Burrows:

Reading a book to get new life style in this 12 months; every people loves to study a book. When you examine a book you can get a great deal of benefit. When you read books, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these kinds of us novel, comics, in addition to soon. The *Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non)* offer you a new experience in reading a book.

**Download and Read Online [Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World \(Non\)](#) By Robin Robertson #SL1IA6BHW9P**

## **Read Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson for online ebook**

Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson books to read online.

### **Online Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson ebook PDF download**

**Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson Doc**

**Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson Mobipocket**

**Vegan Planet: 400 Irresistible Recipes With Fantastic Flavors from Home and Around the World (Non) By Robin Robertson EPub**