



## Vegan Cookbook: The Essential Guide

By Isabel Hood

Need2Know. Paperback. Book Condition: new. BRAND NEW, Vegan Cookbook: The Essential Guide, Isabel Hood, Cast aside any thought of denying yourself gastronomic pleasure any visions of brown rice, brown lentils and even browner nut roast any pre-conceptions about deprivation and emptiness and enter the charismatic and flamboyant world of vegan cookery, with its endless spectrum of flavours, textures, scents and colours. The nut roast is studded with golden toasted walnuts, brazils and cashews, partnered not by a dull gravy made with Marmite, but a vibrant plum and cranberry chutney. The lentils might be slate green rather than brown, combined with silky roasted peppers, coriander, pickled lemons, pine nuts and raisins to create a lively, earthy Middle Eastern salad. Now be honest does any of this sound in the least bit dreary, let alone brown?! In this book, food writer and private chef, Isabel Hood, sets out to prove that the glass, far from being half empty, is full to the brim, full to overflowing with mouth watering possibilities. Whether you are a fully fledged vegan or a beginner just dipping your toes into the water, this collection of vegan recipes will introduce you to a whole new world of exciting...



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