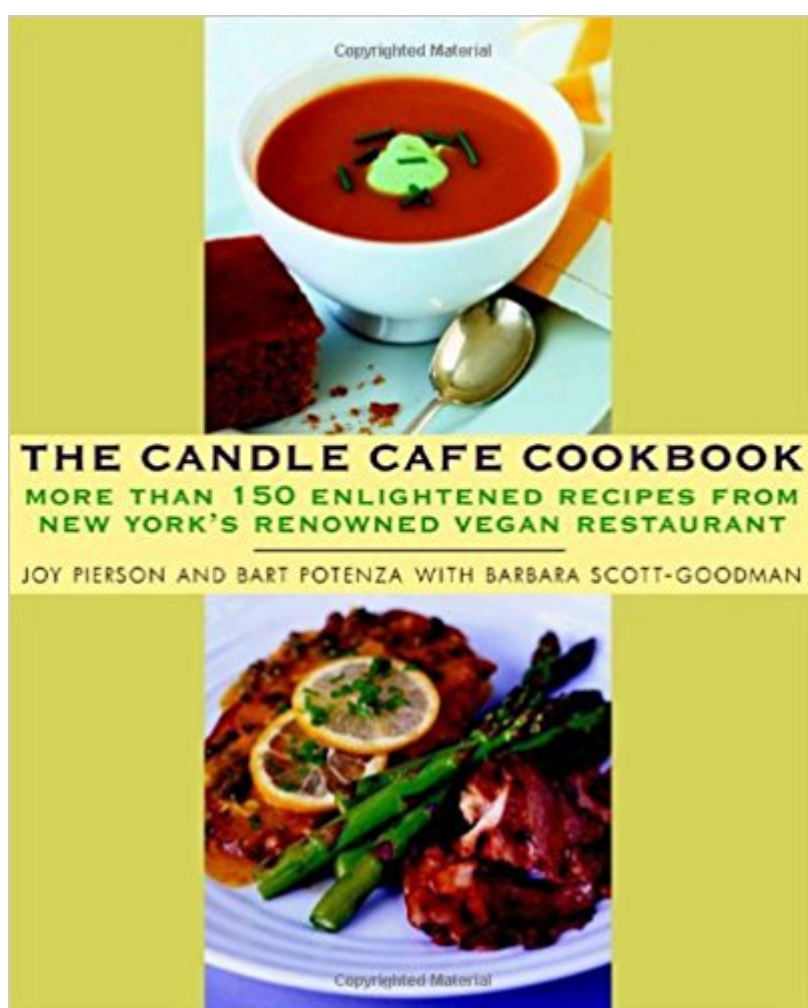


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# The Candle Cafe Cookbook: More Than 150 Enlightened Recipes From New York's Renowned Vegan Restaurant



## Synopsis

It's hard enough to satisfy choosy diners at a hot New York restaurant—imagine having to do it without using meat, fish, dairy, or eggs! The Candle Cafe has been doing just that for years, offering vegan food that has earned the praise of food critics, celebrities, and countless New Yorkers. The food at the Candle Cafe expands the horizons of vegan cuisine, proving that the healthiest food can also be the most flavorful and satisfying. From delectable appetizers like Quesadillas stuffed with Portobellos and Red Peppers and Tofu Satay with Coconut-Peanut Sauce to classic dips like Hummus and Babaganoush, vegan cooking never tasted this good. Even the soups are special—Spring Vegetable Minestrone Soup is filled with fresh flavor, and Butternut Squash Soup gets a kick from toasted pumpkin seeds. Hearty, satisfying sandwiches and main courses like Barbecued Tempeh-Chipotle Burgers with Grilled Pineapple, Porcini Mushroom Stroganoff, and Indian Eggplant Curry are infused with delicious flavors from around the world. For dessert, treats like Chocolate Mousse Pie and Lemon-Tofu Cheesecake with Blood Orange Glaze are creamy and indulgent. With helpful tips on cooking beans and grains, a full glossary of ingredients, and plenty of color photographs, The Candle Cafe Cookbook is a treasure trove of vegan recipes that have been drawing crowds and raves for years.

## Book Information

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## Customer Reviews

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JOY PIERSON is co-owner and recipe developer of the Candle Cafe. A nutrition counselor and regular spokeswoman on vegetarian eating, she has appeared on Good Day New York and Food Network. BART POTENZA is co-owner of the Candle Cafe. He founded its predecessor, the Healthy Candle, in 1986. Both authors live in New York.

Always love cookbooks, and this one is highly recommended.

Gave as a gift and they loved it.

The thing I liked best about this cookbook was the appetizer section. Appetizers are sometimes in short supply in vegan cookbooks so I always go to this one for ideas. I guess it makes sense that it would have a lot of appetizers since the Candle Cafe is a restaurant where they would be serving several. Some of my favorites are: Kalamata Olive and Sun Dried Tomato Tapenade, Nori Rolls (I do lots of versions of this one, adding whatever I have on hand.) and Mini Potato Latkes. There is a 16 page section of colored photos of recipes in the middle of the book. Many of the recipes are make-overs of non-vegan recipes such as Onion Soup, or a Chipotle Salad with Creamy Chipotle Ranch Dressing which doesn't use any dairy products. Everything I've made from the book has turned out well and the ingredients have been easy to find. Several contain tofu or store-bought vegan cheeses. The recipes are easy to follow and are appealing to vegans and non-vegans alike.

Lots of dishes to try. It will be fun to make and share these dishes with friends and family. Most ingredients are readily available. I haven't used seaweed but plan to dive into that too.

The Candle Cafe in NY City is legendary for great vegetarian food. This cookbook allows you to bring many of the recipes from the cafe into your own kitchen. My family eats vegetarian and we've found several tasty recipes in this collection.

Did the reviewers who gave this cookbook 5 stars even try making any of the recipes?! There is no way "Candle Cafe" merits a flawless rating! Many other reviewers have pinpointed this book's numerous shortcomings: inaccurate measurements, hard-to-find ingredients, faulty directions. I totally agree and would further emphasize that **THIS IS NOT A LOW MAINTENANCE COOKBOOK**. "Ingredients found in any grocery store"? How many run-of-the-mill grocery stores carry agave nectar or umeboshi paste? "Quick and easy recipes" for "busy mothers on the go"?! Candle Cafe's recipe for seitan steaks requires cooks to soak wheat dough in the fridge overnight, wash and rinse said dough multiple times over the course of 2 days, boil it in broth for 2 hours, and then marinate the steaks for 2+ hours. Honestly, the average main course in this book takes at least an hour to prepare (this is coming from someone who's tried her hand at at least half of these recipes). The one recipe worth having in this book is seitan piccata; and I would recommend checking out this cookbook from a local library to copy it for free. If you're looking for a practical but delicious vegetarian cookbook, try one by Deborah Madison ("Vegetarian Cooking for Everyone" or "Vegetarian Suppers.") For great vegan recipes (including a really fast homemade seitan recipe) look for "Vegan with a Vengeance" by Isa Moskowitz. "Candle Cafe" totally isn't worth the money. Anyone who tells you otherwise is either a friend of the author or someone who hasn't tried making any of these recipes.

As a new vegetarian I was not experienced with many of the herbs and spices called for in this book. After many laborious hours searching via the web and in Farmers Markets I was able to assemble all of the ingredients for many recipes. The recipes are time consuming but the results are "just like the pictures!" Most noteworthy and very delicious was the tofu with coconut peanut satay and the tempeh burgers with mango ketchup. Absolutely DELICIOUS! You need to prepare a lot of this stuff in advance so you may find it helpful to make your marinades and sauces a day ahead and plan out a menu for the things that you would like to try. After doing so, it saves a lot of time. This

cookbook is not for 15/30 minute quick meals. Also you cannot use the microwave in place of your stove. If you decide to purchase the book, it's well worth the time and money.

Others who note problems with recipes are absolutely right. These recipes never saw a test kitchen. I suspect the authors reduced the quantities of ingredients in their heads to allow for smaller quantities than they produce in the restaurant. )Many of the recipes call for ingredients you will need to hunt for, the instructions are missing steps, the measurements are waaaaay off, often prep time is very long, and the result can be a disaster; an expensive one if using organic maple syrup. (I've had two things I just had to toss out.) Do NOT make "Oatmeal Chocolate Chip Cookie, page 188. Results can also be heavenly. Phyllo Traingles are outstanding. They take HOURS to make, but you end up with enough triangles for about 3 parties. Non-vegans have no clue they are anything but delicious. (Allow time to practice handling the phyllo dough, if you are new to using it.) I ended up cutting the sheets differently than described, in order to allow the 2 tsp filling to even fit. Lots of wasted phyllo, but still used all the filling and made more triangles than you can imagine. If you are going to make them for a big reception, practice a week ahead on a half recipe to get your method figured out. They freeze very well.

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