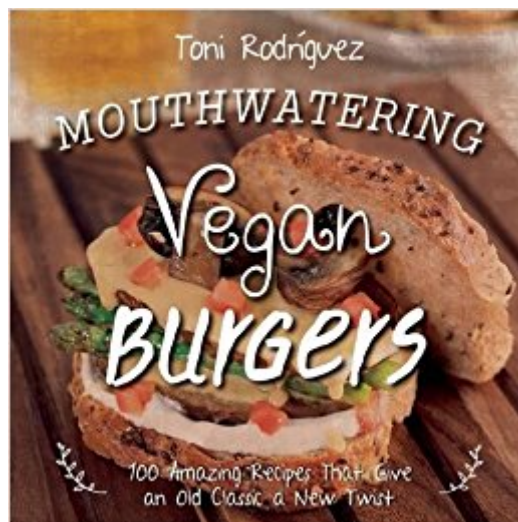




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Mouthwatering Vegan Burgers: 100 Amazing Recipes That Give An Old Classic A New Twist



Synopsis

Spanish chef Toni Rodríguez makes cooking vegan simple and eating vegan delicious! Eating vegan is a conscientious choice that enables people to care not just for their appetites but for their overall health, ethical beliefs, and ecological responsibility. For those with special dietary needs or weight-control concerns, veganism offers a delicious alternative diet of grains, fruits, vegetables, legumes, and other plant-based proteins. Here, Rodríguez presents a collection of recipes for tasty vegan burgers that will leave you satisfied without guilt. Also included are recipes for delectable sauces, savory burger buns and sides, and even luscious desserts. Eating healthy and ethically never tasted so good! Fire up the grill and get ready to sink your teeth into these amazing recipes, including: Vegan chorizo burger, Black olive burger, Quinoa, lentil, dill, and arugula burger, Rosemary burger buns, Sweet potato fries, Roasted artichokes, Hazelnut ice cream and chocolate cookie sandwich, And many more! Beautiful, tempting photos accompany the recipes, and Rodríguez shares his story and the delights of veganism. A quick list of useful kitchen accessories and thorough descriptions of basic vegan burger ingredients guide readers around the vegan kitchen. Whether you're a committed vegan or just curious, there's more than a few favorites waiting to be discovered in this book. ¡Buen provecho! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Customer Reviews

I just bought this book from Whole Foods and came here to find out more about Toni. And found this one star review on TWO of his books without any reason whatsoever! It feels like a personal grudge, so I want to say what I think of the book. I have just bought it and have not cooked from it, but I have been cooking for years and can usually tell a mediocre book from a good one. What attracted me is that he not has given tons of ideas to make vegan burgers (I will adapt them to make them gluten free), but also with each burger, he gives the accompaniments that make each a complete meal. For example, with the spinach and chickpea burger, he tells us how to make the grilled tofu and the avocado-lime; for the Korean BBQ burgers, he has given careful directions for white kimchi and so on. Each burger has an interesting accompaniment and he concludes each page by telling us how to assemble the burger so that it looks like the picture. He has even included an appendix that tells you how to make a wide variety of sauces and condiments, from Ketchup, Apricot Ketchup, Tzatziki sauce, eggplant caviar and lots and lots more. He concludes the book with dessert burgers which are very intriguing to me. I don't usually write reviews (though I may start now!), but I felt the sting of injustice when I read the sole one star review (repeated, again with no reason for another book by Toni). I just wanted to balance it out a bit.

I don't recommend this book ã ã ã”

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