

# Vegetarian Viet Nam

Winner of the 2019 Art of Eating Prize With more than 90 mouth-watering recipes, Superiority Burger Cookbook lays bare the secrets of America's most talked-about vegetarian restaurant, in recipes as simple as they are irresistible. Along with recipes for a coterie of other delights—fresh, vegetarian, accidentally vegan, and always incredible—you'll find out why Superiority Burger in New York City's East Village is the hottest ticket in North America and the surrounding continents. Superiority Burger is a cozy counter hangout filled with affordable, innovative food that is a protest against the idea that extraordinary fare is the exclusive domain of the elite. Now you can bring its blueprint for rebel compassion and culinary sophistication into your home with this cookbook; a must-read for home cooks who want something delicious, new, and imminently within their reach. The book is divided into six flavorful sections—Sandwiches, Cool Salads, Warm Vegetables, Soups and Stews, Sweets, and Pantry Recipes—and reveals the recipes for some of the restaurant's favorites: the Sloppy Dave, Burnt Broccoli Salad, Russet Potato–Coconut Soup, Tahini Ranch Romaine Salad, and, of course, the now legendary Superiority Burger. "Brooks Headley makes the best veggie burger I've ever had." —David Chang

In this delightful Asian cookbook, you'll learn the secrets of vegetarian and vegan Asian cooking—how to blend flavors, textures, aromas and colors—to create full-flavored vegetarian dishes that are missing none of the umami normally associated only with meat and dairy. Each chapter based on seasonal vegetables provides a wide range of choices using produce that is available at that time of year—making it easy to plan a variety of menus that are never dull. Here are just a few examples of the tempting Asian recipes in this book: Starters and Snacks such as Crispy Spring Rolls, Green Apple Salad with Tangy Thai Dressing, Butternut Squash Pot Stickers and Korean-Style Buffalo Broccoli Family-Style Meals such as Asparagus in Lemongrass-Coconut Cream Sauce, Grilled Vegetable Kebabs with Two Marinades, General Tso's Eggplant and Kung Pao Potatoes All-in-One Meals such as "Have It Everyday" Pad Thai, Crispy Noodles with Savory Vegetables, Sweet Potato Rice Stew and Easy Miso Ramen Author Patricia Tanumihardja is an experienced food writer and expert on Asian and sustainable farm-to-table cooking. She shows you how to buy and use the freshest in-season produce to create delicious dishes with startlingly new flavors and textures by adding a few "secret ingredients"—the traditional sweet, sour, spicy, savory seasonings that every Asian cook knows. She also explains in this Asian cookbook how the use of contrasting textures (for example silky tofu with crunchy peanuts) can create greater food enjoyment and a stimulating new dining experience. A home cook at heart, Pat's recipes are very straightforward without lots of exotic ingredients or specialized tools. They are also easy and quick to prepare. She shows you how adding a few Asian fermented and pickled vegan products like miso or pickled greens will add a new universe of flavors to your cooking. The same is true for flavor-enhancers like fried shallots, crispy fried garlic and the flavored oils that Asian chefs and restaurants use on a regular basis.

A celebration of Japan's vegan and vegetarian traditions with 100 vegan recipes. Kansha is an expression of gratitude for nature's gifts and the efforts and ingenuity of those who transform nature's bounty into marvelous food. The spirit of kansha, deeply rooted in Buddhist philosophy and practice, encourages all cooks to prepare nutritionally sound and aesthetically satisfying meals that avoid waste, conserve energy, and preserve our natural resources. In these pages, with kansha as credo, Japan culinary authority Elizabeth Andoh offers more than 100 carefully crafted vegan recipes. She has culled classics from shōjin ryōri, or Buddhist temple cuisine (Creamy Sesame Pudding, Glazed Eel Look-Alike); gathered essentials of macrobiotic cooking (Toasted Hand-Pressed Brown Rice with Hijiki, Robust Miso); selected dishes

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rooted in history (Skillet-Scrambled Tofu with Leafy Greens, Pungent Pickles); and included inventive modern fare (Eggplant Sushi, T?fu-T?fu Burgers). Decades of living immersed in Japanese culture and years of culinary training have given Andoh a unique platform from which to teach. She explains basic cutting techniques, cooking methods, and equipment that will help you enhance flavor, eliminate waste, and speed meal preparation. Then she demystifies ingredients that are staples in Japanese pantries that will boost your kitchen repertoire—vegan or omnivore—to new heights.

This edition has been adapted for the US market. It was originally published in the UK. \* Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and Delish \* “Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?).” —Yotam Ottolenghi “Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best.” —Melissa Clark, The New York Times “With verve and charm, Meera Sodha persuades all cooks to make her luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you’ll want to cook up!” —Andrea Nguyen, author of Vietnamese Food Any Day and The Pho Cookbook Modern, vibrant, fuss-free food made from easy-to-find ingredients, East is a must-have whether you’re vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera Sodha's stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, East will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how to make kimchi pancakes, delicious dairy-free black dal and chili tofu. There are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no-churn Vietnamese coffee ice cream.

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: • 5-Ingredient Peanut Butter Bites • Banana Zucchini Pancakes • Sick Day Soup • Lentils and Sweet Potato Bowl • PB Ramen Stir Fry • Tofu Veggie Gravy Bowl • Jackfruit Carnita Tacos • Depression Era Cupcakes • Real Deal Chocolate Chip Cookies With a foreword by Michael Greger, MD, Plant-Based on a Budget gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary What the Health

An intimate collection of more than 175 of the finest Vietnamese recipes. When author Andrea Nguyen's family was airlifted out of Saigon in 1975, one of the few belongings that her mother hurriedly packed for the journey was her small orange notebook of recipes. Thirty years later,

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Nguyen has written her own intimate collection of recipes, *Into the Vietnamese Kitchen*, an ambitious debut cookbook that chronicles the food traditions of her native country. Robustly flavored yet delicate, sophisticated yet simple, the recipes include steamy pho noodle soups infused with the aromas of fresh herbs and lime; rich clay-pot preparations of catfish, chicken, and pork; classic bánh mì sandwiches; and an array of Vietnamese charcuterie. Nguyen helps readers shop for essential ingredients, master core cooking techniques, and prepare and serve satisfying meals, whether for two on a weeknight or 12 on a weekend.

INCLUDING SECRET RECIPES UNSHARED UNTIL TODAY! GUILT FREE AND BODY HEALING VIETNAMESE RECIPES TO EXCITE YOUR ENTIRE BODY. A GIFT OF LOVE! GET IT IN PAPERBACK FORMAT AND START COOKING TODAY! These recipes will excite your dining guest. Your children will be raving about how delicious the VEGETABLES are. Please enjoy this gift of my healthy recipes from vietnam. Try every recipe and watch your body dance in joy! each recipe contains a valuable health tip as an added bonus.

*Little Vietnam* brings together 80 authentic recipes that capture the energy, color and excitement of Vietnamese cooking. Acclaimed Vietnamese chef and restaurateur Nhut Huynh shares his passion for the food that sustained his family during times of war and separation and which today inspires him to explore Vietnam's wonderfully rich culture. In this easy-to-follow Vietnamese cookbook, Nhut introduces traditional classics alongside the eclectic street-stall dishes he has collected on his many trips back to Vietnam to visit friends and family. Throughout, Nhut offers practical tips on sourcing ingredients locally and mastering cooking techniques. Delicious Vietnamese recipes include: Beef Noodle Soup Salt and Pepper Squid Rice Paper Rolls Chicken with Lemongrass and Chili Crab with Tamarind and Chili And many more... . Based on ingredients available at most Western supermarkets, these recipes will delight the home cook, while Nhut's personal story will inspire all of us to take a longer look at an emerging country and its rich culinary traditions.

Finalist for the 2018 James Beard Foundation Book Awards for "Vegetable-Focused Cooking" category From the foremost authority on vegetarian cooking and one of the most trusted voices in food comes a carefully curated and updated collection of 100 favorite and most inspired recipes, reflecting how Deborah Madison loves to cook now. Deborah Madison's newest book shares 100 beloved and innovative recipes from her vast repertoire, all pared down to the key ingredients needed to achieve delicious, nuanced flavor, with simplified preparations. *In My Kitchen* is a vegetable-forward cookbook organized alphabetically and featuring recipes like Roasted Jerusalem Artichoke Soup with Sunflower Sprouts; Fennel Shaved with Tarragon and Walnuts; and Olive Oil, Almond, and Blood Orange Cake. With dozens of tips for building onto, scaling back, and creating menus around, Deborah's recipes have a modular quality that makes them particularly easy to use. Perfect for both weeknight dinners and special occasions, this book will delight longtime fans and newcomers to Madison--and anyone who loves fresh, flavorful cooking. Filled with Deborah's writerly, evocative prose, this book is not just the go-to kitchen reference for vegetable-focused cooking, but also a book with which to curl up and enjoy reading. Lavishly photographed, with an approachable, intimate package, this is the must-have collection of modern vegetarian recipes from a beloved authority.

A land of vibrant cultures and vivid contrasts, Vietnam is also home to some of the most delicious and intriguing food in

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the world. While its cooking traditions have been influenced by those of China, France, and even India, Vietnam has created a cuisine with a spirit and a flavor all its own. Chef and restaurateur Mai Pham brings to life this diverse and exciting cooking in *Pleasures of the Vietnamese Table*. Born and raised in Saigon before emigrating to the United States, Mai has often returned to her native land to learn the secrets of authentic Vietnamese cooking, from family, friends, home cooks, street vendors, and master chefs. Traveling from region to region, she has gathered the simple, classic recipes that define Vietnamese food today: Green Mango Salad with Grilled Beef, Stir-Fried Chicken with Lemongrass and Chilies, Caramelized Garlic Shrimp, and especially pho, the country's beloved beef-and-noodle soup. With more than 100 recipes in all, *Pleasures of the Vietnamese Table* offers home cooks the chance to create and savor the traditional flavors of Vietnam in their own kitchen. Filled with enchanting stories and stirring black-and-white photos of life in Vietnam, *Pleasures of the Vietnamese Table* provides a captivating taste of an enduring culture and its irresistible cuisine. Winner of the Best Book Award in the PETA Vegan Food Awards 2016. Jackie and her family ate their way around Asia, sampling streetfood and jotting menu ideas on the back of napkins. Inspired by the food cultures she embraced on her travels, Jackie has brought new life to healthy, meat- and dairy-free food, inspired by the sheer quantity of vegan food on offer in Asia. Dotted with personal anecdotes from her travels, family photos and fascinating local information, Jackie takes us from India to Indonesia on a journey of tastes and textures, via Sri Lanka, Thailand, Vietnam, Laos and Malaysia. Recipes includes classic dishes that we might be already familiar with, such as Simple Sri Lankan Dal or Cauliflower and Kale Pakora, as well as regional specialities such as Oothapam (vegetable crumpets from South India) or Tahu Campur (Javanese fried tofu with cassava cakes). Street food is a central part of life in Asia. It brings families and communities together from breakfast to dinner, through all the scrumptious snacks along the way. With this book, you can bring this inspirational approach to feeding your family into your own kitchen, whipping up flavourful and wholesome bites. Celebrate vegan food in all its glory, without compromising on flavour or protein, or trying to makes substitutions for meat or fish. That is the beauty of this collection of Asian streetfood – it is simply delicious, and it just so happens to be vegan.

A vegetarian follow-up to the very popular *Chinese Soul Food* cookbook that includes 75 plant-based comfort food recipes you can make at home. *Chinese Soul Food* drew cooks into the kitchen with the assurance they could make this cuisine at home. Though a popular cuisine across North America, Chinese food can be a little intimidating. But author Hsiao-Ching Chou's friendly and accessible recipes work for everyone, including average home cooks. In this new collection, you'll find vegetarian recipes for stir-fries, rice and noodle dishes, soups, braises, and pickles. Of course, the book wouldn't be complete without vegetarian versions of Chou's famously delicious dumplings, including soup

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dumplings and shu mai, as well as other dim sum delights. Separate chapters feature egg and tofu recipes. From Cauliflower with Spiced Shallot Oil to Kung Pao Tofu Puffs, and from Hot and Sour Soup to Ma Po Tofu to Steamed Egg Custard, these recipes will satisfy your every craving for classic Chinese comfort food--and all without meat. You will also find helpful information including essential equipment, core pantry ingredients (with acceptable substitutions), ways to season and maintain a wok, and other practical tips that make this an approachable cookbook. Home cooks are gently guided toward becoming comfortable cooking satisfying Chinese meals. Whether you're a vegetarian or simply reducing the amount of meat in your daily diet, these foolproof recipes are made to be cooked any night of the week. As the author likes to say, any kitchen can be a Chinese kitchen!

As any traveller to Vietnam will know, the street food is second to none in terms of its diversity, great taste and availability. Vietnam is a real foodie's destination - and nowhere is it more vibrant than among the hustle and bustle of the streets. From the authors of KOTO Vietnamese Street Food gives you an insider's view of the country and features over sixty well-loved and authentic recipes, from the ever-popular pho to prawn rice paper rolls and the tangy, crunchy peanut-studded rice balls favoured by snacking students. With stunning food photography of every dish and complemented by evocative location photography, Vietnamese Street Food provides an unforgettable insight into Vietnamese street food and culture that will inspire both the home chef and the armchair traveller.

Winner of the 2016 Man Booker International Prize NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Publisher's Weekly • BuzzFeed • Entertainment Weekly • Time • Wall Street Journal • Bustle • Elle • The Economist • Slate • The Huffington Post • The St. Louis Dispatch • Electric Literature Featured in the New York Times selection of "15 remarkable books by women that are shaping the way we read and write fiction in the 21st century" A beautiful, unsettling novel about rebellion and taboo, violence and eroticism, and the twisting metamorphosis of a soul Before the nightmares began, Yeong-hye and her husband lived an ordinary, controlled life. But the dreams—invasive images of blood and brutality—torture her, driving Yeong-hye to purge her mind and renounce eating meat altogether. It's a small act of independence, but it interrupts her marriage and sets into motion an increasingly grotesque chain of events at home. As her husband, her brother-in-law and sister each fight to reassert their control, Yeong-hye obsessively defends the choice that's become sacred to her. Soon their attempts turn desperate, subjecting first her mind, and then her body, to ever more intrusive and perverse violations, sending Yeong-hye spiraling into a dangerous, bizarre estrangement, not only from those closest to her, but also from herself. Celebrated by critics around the world, *The Vegetarian* is a darkly allegorical, Kafka-esque tale of power, obsession, and one woman's struggle to break free from the violence both without and within her.

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“An of-the-moment healthy food trend . . . smart, simple recipes that range from Fennel Pho to Summer Squash Dumplings and a Black Rice Burrito Bowl.”—Well+Good, “The 10 Most Exciting Health Books to Read in 2016” A restorative bowl of vegetarian ramen sent Lukas Volger on a quest to capture the full flavor of all the one-bowl meals that are the rage today—but in vegetarian form. With the bowl as organizer, the possibilities for improvisational meals full of seasonal produce and herbs are nearly endless. Volger’s ramen explorations led him from a simple bowl of miso ramen to a glorious summer ramen with corn broth, tomatoes, and basil. From there, he went on to the Vietnamese noodle soup pho, with combinations like caramelized spring onions, peas, and baby bok choy. His edamame dumplings with mint are served in soup or over salad, while spicy carrot dumplings appear over toasted quinoa and kale for a rounded dinner. Imaginative grain bowls range from ratatouille polenta to black rice burrito with avocado. And unlike their meatier counterparts, these dishes can be made in little time and without great expense. Volger also includes many tips, techniques, and indispensable base recipes perfected over years of cooking, including broths, handmade noodles, sauces, and garnishes. Photographs by Michael Harlan Turkell. “Brims with brilliant noodle-broth ideas. Cherry-pick the toppings you like, or follow the full recipes—either way, you’ll be floored by just how delicious this dorm-room classic can be.”—Oprah.com “Explores vegetarian versions of the best bowl foods from around the globe.”—Epicurious, “The 30 Most Exciting New Spring Cookbooks” “A go-to cookbook for Asian-inspired vegetarian soups, noodle bowls, and dumplings.”—Library Journal (starred review)

The long-awaited cookbook from the duo that brought America a new, craveable vegan cuisine, filled with over 80 recipes for upscale vegan dishes and remakes of classic comfort food fare. Blossom has been changing the face of vegan food for more than a decade with their menus of delicious vegan meals that everyone—both vegan and omnivore—wants to eat. What began as a humble vegan restaurant in New York City quickly grew into one of the most well-known groups of restaurants in the world, attracting legions of loyal diners and celebrities alike. In *The Blossom Cookbook*, home cooks will learn the Blossom chefs’ secrets for preparing elegant vegan entrees like Lobster-Mushroom Crusted Tofu and Seitan Piccata with Sautéed Kale, comfort food favorites like Fettuccine with Cashew Cream and Curried Un-Chicken Salad, and even recipes for everyone’s favorite meals, brunch and dessert. With essential tips for living a vegan lifestyle, a chapter dedicated to preparing fundamental vegan base sauces and condiments, and 80 inventive recipes, this cookbook will excite home cooks who love eating healthy, delicious, sustainable meals. From chef James Syhabout of two-Michelin-star restaurant Commis, an Asian-American cookbook like no other—simple recipes for cooking home-style Thai and Lao dishes James Syhabout’s hugely popular Hawker Fare restaurant in San Francisco is the product of his unique family history and diverse career experience. Born into two distinct but related Asian cultures—from his

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mother's ancestral village in Isan, Thailand's northeast region, and his father's home in Pakse, Laos—he and his family landed in Oakland in 1981 in a community of other refugees from the Vietnam War. Syhabout at first turned away from the food of his heritage to work in Europe and become a classically trained chef. After the success of Commis, his fine dining restaurant and the only Michelin-starred eatery in Oakland, Syhabout realized something was missing—and that something was Hawker Fare, and cooking the food of his childhood. The Hawker Fare cookbook immortalizes these widely beloved dishes, which are inspired by the open-air “hawker” markets of Thailand and Laos as well as the fine-dining sensibilities of James's career beginnings. Each chapter opens with stories from Syhabout's roving career, starting with his mother's work as a line cook in Oakland, and moving into the turning point of his culinary life, including his travels as an adult in his parents' homelands. From building a pantry with sauces and oils, to making staples like sticky rice and padaek, to Syhabout's recipe for instant ramen noodles with poached egg, Hawker Fare explores the many dimensions of this singular chef's cooking and ethos on ingredients, family, and eating well. This cookbook offers a new definition of what it means to be making food in America, in the full and vibrant colors of Thailand, Laos, and California.

Fresh, delicious, easy Indian vegetarian dishes from the author of Phaidon's global bestseller, *India: The Cookbook Vegetables* are an integral part of Indian cuisine - and this collection of 150 healthy and approachable vegetarian recipes showcases an array of delicious breakfasts and drinks, salads, vegetables and legumes, grains, and desserts. Drawing inspiration from India's myriad regions and culinary traditions, Pushpesh Pant simplifies this hugely popular cuisine with easily achievable, nourishing, and authentic dishes so tasty and satisfying that they are suitable for vegetarians, meat-eaters, and those simply wishing to reduce the amount of meat in their diet.

Vegetarian Viet Nam W. W. Norton & Company

A warm and welcoming introduction to a vibrant cuisine, with more than 50 easy to make recipes from internationally bestselling novelist Kim Thúy. Between careers as a lawyer and an acclaimed novelist, Kim Thúy ran a celebrated restaurant called Ru de Nam in Montreal. Now, in her first cookbook, Kim combines her beautiful storytelling style with simple and wonderful recipes that are full of flavour: surprising yet comforting, and easy enough for every day. Welcoming us into her close-knit circle, she introduces us to her mother and five aunts, each with her story, each with her secrets, told through the food of the country they had to leave, Vietnam. Starting with easily-prepared base ingredients of sauces, quick pickled vegetables and toasted rice flour, we move on to soups, sautés, vegetables, grilled foods, desserts and more. Sample recipes include: Stuffed Squash Soup; Vermicelli Bowls; Caramel Pork; Calamari, Pork and Pineapple Stir-fry; Fried Lemongrass Fish; and Vietnamese Tapioca and Banana. Also, in collaboration with sommelier Michelle Bouffard, Kim suggests wine pairings for these Vietnamese dishes. Kim says that Vietnamese often display their affection more easily with food than with words. This exquisite book deliciously demonstrates that every meal is an opportunity to show love, and to be grateful for those who sit down to eat with us.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan

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recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Delicious, nutritious and healthy vegetarian and vegan food, inspired by flavors from around the world, from the Green Kitchen Stories family. The Green Kitchen Stories family David, Luise and their children are a family who love to travel. Hungry to see and taste more of the world, they embarked on an around-the-world trip with their seven-month-year-old. Start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw beansprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. With easy to find ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from the authors' travels, Green Kitchen Travels shares modern and inspiring vegetarian, vegan and gluten-free recipes for all appetites.

With a fascinating blend of French, Chinese, and Indian influences throughout its various regions, Vietnam boasts a cuisine that is an intriguing fusion of the best of Asia and Europe. Asian culinary expert Chat Mingkwan explains the techniques and flavor combinations that characterize each region of Vietnam, and transforms these time-honored recipes into vegetarian delights by incorporating customary Vietnamese seasonings but substituting animal-free alternatives. From artful appetizers and snacks, delectable dipping sauces, satisfying soups, fabulous main dishes and salads, tempting desserts, and sumptuous beverages, Vietnamese Fusion covers all the fundamentals.

In his eagerly awaited first cookbook, award-winning chef Charles Phan from San Francisco's Slanted Door restaurant introduces traditional Vietnamese cooking to home cooks by focusing on fundamental techniques and ingredients. When Charles Phan opened his now-legendary restaurant, The Slanted Door, in 1995, he introduced American diners to a new world of Vietnamese food: robustly flavored, subtly nuanced, authentic yet influenced by local ingredients, and, ultimately, entirely approachable. In this same spirit of tradition and innovation, Phan presents a landmark collection based on the premise that with an understanding of its central techniques and fundamental ingredients, Vietnamese home cooking can be as attainable and understandable as American, French, or Italian. With solid instruction and encouraging guidance, perfectly crispy imperial rolls, tender steamed dumplings, delicately flavored whole fish, and meaty lemongrass beef stew are all deliciously close at hand. Abundant photography detailing techniques and equipment, and vibrant shots taken on location in Vietnam, make for equal parts elucidation and inspiration. And with master recipes for stocks and sauces, a photographic guide to ingredients, and tips on choosing a wok

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and seasoning a clay pot, this definitive reference will finally secure Vietnamese food in the home cook's repertoire. Infused with the author's stories and experiences, from his early days as a refugee to his current culinary success, *Vietnamese Home Cooking* is a personal and accessible guide to real Vietnamese cuisine from one of its leading voices.

*What If the World Was Vegan?* The true building blocks of cuisines across the planet are the spices, herbs, and grains—from basmati rice to buckwheat, coconut to caraway seeds. Apply those flavors to vegan staples such as seitan, or tofu and even straight-up vegetables, and the possibilities? If not endless, pretty darned expansive. So what if the world was vegan? Your own cooking is the answer to that question; fire up the stove and make a green curry, simmer a seitan date tagine stew, or hold a freshly made corn tortilla piled high with chile-braised jackfruit in your hand. Chart your course in the great, growing map of vegan food history. Award-winning chef, author of *Veganomicon*, and author of *Viva Vegan* Terry Hope Romero continues the vegan food revolution with more than 300 bold, delicious recipes based on international favorites. With chapters devoted to essential basics such as Spice Blends; The Three Protein Amigos; and Pickles, Chutneys & Saucier Sauces, you can make everything from salads to curries, dumplings and desserts. *Vegan Eats World* will help you map your way through a culinary world tour, whether you want to create a piergoi party or Thai feast, easy Indian chaat lunch or Your International House of Dinner Crepes.

*Vegetarian and Plant-Based Diets in Health and Disease Prevention* examines the science of vegetarian and plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-based diets in a comprehensive, balanced, single reference that discusses both the overall benefits of plant-based diets on health and the risk of disease and issues concerning the status in certain nutrients of the individuals, while providing overall consideration to the entire spectrum of vegetarian diets. Broken into five sections, the first provides a general overview of vegetarian / plant-based diets so that readers have a foundational understanding of the topic. Dietary choices and their relation with nutritional transition and sustainability issues are discussed. The second and third sections provide a comprehensive description of the relationship between plant-based diets and health and disease prevention. The fourth section provides a deeper look into how the relationship between plant-based diets and health and disease prevention may differ in populations with different age or physiological status. The fifth and final section of the book details the nutrients and substances whose intakes are related to the proportions of plant or animal products in the diet. Discusses the links between health and certain important characteristics of plant-based diets at the level of food groups Analyzes the relation between plant-based diet and health at the different nutritional levels, i.e. from dietary patterns to specific nutrients and substances Provides a balanced evidence-based approach to analyze the positive and negative aspects of vegetarianism Addresses the different aspects of diets predominantly based on plants, including geographical and cultural variations of vegetarianism

Winner of the 2018 James Beard Foundation Book Award for Single Subject category With this comprehensive cookbook, Vietnam's most beloved, aromatic comfort food--the broth and noodle soup known as pho--is now within your reach. Author Andrea Nguyen first tasted pho in Vietnam as a child, sitting at a Saigon street stall with her parents. That experience sparked a lifelong love of the iconic noodle soup, long before it became a cult food item in the United States. Here Andrea dives deep into pho's lively past, visiting its birthplace and then teaching you how to successfully make it at home. Options range from quick weeknight cheats to impressive weekend feasts with broth and condiments from scratch, as well as other pho rice noodle favorites. Over fifty versatile recipes, including snacks, salads, companion dishes,

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and vegetarian and gluten-free options, welcome everyone to the pho table. With a thoughtful guide on ingredients and techniques, plus evocative location photography and deep historical knowledge, The Pho Cookbook enables you to make this comforting classic your own. 'Fuchsia Dunlop, our great writer and expert on Chinese gastronomy, has fallen in love with this region and its cuisine – and her book makes us fall in love too' Claudia Roden 'Fuchsia Dunlop's erudite writing infuses each page and her delicious recipes will inspire any serious cook to take up their wok' Ken Hom The Lower Yangtze region or Jiangnan, with its modern capital Shanghai, has been known since ancient times as a 'Land of Fish and Rice'. For centuries, local cooks have been using the plentiful produce of its lakes, rivers, fields and mountains, combined with delicious seasonings and flavours such as rice vinegar, rich soy sauce, spring onion and ginger, to create a cuisine that is renowned in China for its delicacy and beauty. Drawing on years of study and exploration, Fuchsia Dunlop explains basic cooking techniques, typical cooking methods and the principal ingredients of the Jiangnan larder. Her recipes are a mixture of simple rustic cooking and rich delicacies – some are famous, some unsung. You'll be inspired to try classic dishes such as Beggar's chicken and sumptuous Dongpo pork. Most of the recipes contain readily available ingredients and with Fuchsia's clear guidance, you will soon see how simple it is to create some of the most beautiful and delicious dishes you'll ever taste. With evocative writing and mouth-watering photography, this is an important new work about one of China's most fascinating culinary regions.

From the acclaimed chef and owner of Brooklyn Delhi, a debut cookbook focused on the celebrated vegetarian fare of South India. Lifelong vegetarian and chef Chitra Agrawal takes you on an epicurean journey to her mother's hometown of Bangalore and back to Brooklyn, where she adapts her family's South Indian recipes for home cooks. This particular style of Indian home cooking, often called the "yoga diet," is light and fresh, yet satisfying and rich in bold and complex flavors. Grains, legumes, fresh produce, coconut, and yogurt—along with herbs, citrus, chiles, and spices—form the cornerstone of this delectable cuisine, rooted in vegetarian customs and honed over centuries for optimum taste and nutrition. From the classic savory crepe dosa, filled with lemony turmeric potatoes and cilantro coconut chutney, to new creations like coconut polenta topped with spring vegetables 'upma' and homemade yogurt, the recipes in Vibrant India are simple to prepare and a true celebration of color and flavor on a plate. Chitra weaves together the historical context behind the region's cuisine and how she brought some of these age-old traditions to life thousands of miles away in Brooklyn during the city's exciting food renaissance. Relying on her experience as a culinary instructor, Chitra introduces the essential Indian cooking techniques, tips, and ingredients you'll need to prepare a full range of recipes from quick vegetable stir fries (corn, basil, and leeks flavored with butter, cumin, and black pepper), salads (citrus red cabbage and fennel slaw with black mustard seeds, curry leaves, and chile), yogurt raitas (shredded beets and coconut in yogurt), and chutneys and pickles (preserved Meyer lemon in chile brine) to hearty stews (aromatic black eyed peas, lentils, and greens), coconut curries (summer squash in an herby coconut yogurt sauce), and fragrant rice dishes (lime dill rice with pistachios). Rounding out the book is an array of addictive snacks (popcorn topped with curry leaf butter), creative desserts (banana, coconut, and cardamom ice cream), and refreshing drinks (chile watermelon juice with mint). Chitra provides numerous substitutions to accommodate produce seasonality, ingredient availability, and personal tastes. The majority of recipes are gluten-free and vegan or can be easily modified to adhere to those dietary restrictions. Whether you are a vegetarian or just looking for ways to incorporate more vegetarian recipes into your repertoire, Vibrant India is a practical guide for bringing delicious Indian home cooking to your table on a regular basis.

A collection of vegetarian dishes influenced by Middle Eastern flavors from Salma Hage, author of the bestselling classic, The Lebanese Kitchen, also published by Phaidon. A definitive, fresh and approachable collection of 150 traditional recipes from an authoritative voice on

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Middle Eastern home cooking, Salma Hage's new book is in line with the current Western trends of consciously reducing meat, and the ancient Middle Eastern culture of largely vegetarian, mezze style dining. Traditionally, the Middle Eastern diet consisted largely of vegetables, fruits, herbs, spices, pulses, grains and legumes. Salma simplifies this fast becoming popular cuisine with easily achievable recipes, many with vegan and gluten-free options. Drawing inspiration from ancient and prized Phoenician ingredients, from grassy olive oil to fresh figs and rich dates, this book offers an array of delicious breakfasts and drinks, mezze and salads, vegetables and pulses, grains and desserts. Salma shows how to easily make the most of familiar everyday fruits and legumes, as well as more exotic ingredients now widely available outside of the Middle East, with nourishing recipes so flavourful and satisfying they are suitable for vegetarians and meat-eaters alike.

Asian Salads shows you how to prepare the amazing variety of delicious Asian vegetables, herbs, and seasonings found in your local supermarket, farmers market, and world food market. It presents 72 recipes that will excite and awaken your palate—and open up new food horizons! Dozens of fragrant herbs like cilantro, Thai basil, and lemongrass are combined with delicious fresh Asian vegetables like Napa cabbage, spicy kimchi, daikon, and many more! These healthy recipes are simple and very easy to prepare—based on classic dishes found in Vietnam, Thailand, India, China and Korea. Many of the salads have meat or seafood options, and are perfect as side dishes or as complete and satisfying one-dish meals! Easy step-by-step instructions and photos provide shortcuts and substitutes to save you time. Delicious salad recipes include: Marinated Bean Sprouts with Black Vinegar Dressing Cucumber Salad with Yogurt & Garlic Dressing Korean White Fish Carpaccio Crispy Pork with Watercress Salad Pork, Kimchi and Leek Salad Multiple homemade salad dressings and vinaigrettes Simple enough for everyday meals and interesting enough for special occasions, you can't go wrong with these delicious Asian recipes!

Many vegans desire foods they can sink their teeth into—a bite with substance that leaves them feeling satisfied. Others miss the flavor of the animal-based dishes they grew up with or that were part of their cultural tradition. Those cravings can be now be put to rest. Vegan cooks everywhere are about to experience a new dimension of possibilities thanks to chef Skye Conroy's culinary masterpiece CRAFTING SEITAN: Creating Homemade Plant-Based Meats. With detailed instructions and mouthwatering food photography throughout, this guide is a welcome introduction to cooking seitan (aka "gluten meat" or "vital wheat gluten") and showcasing its versatility. Over 100 recipes that include Juicy roasts, tender cutlets, toothsome steaks, as well as hard salami, hand-rolled sausages, and pepperoni, now can be part of a vegan menu. These recipes deliver the appearance, texture, and flavors that will convince family and friends of all dietary persuasions that a plant-based diet has plenty to offer and nothing to lose. Homemade also means more budget-friendly meals and the ability to monitor the amount of salt and oil that's used. These recipes provide a ready answer to "where's the beef?"

Korean dishes, some traditional and some reimagined, from the home cook and storyteller behind @thekoreanvegan on TikTok The single most frequent question Joanne Lee Molinaro gets asked is "How can you be vegan and Korean?" Korean cooking is, after all, synonymous with fish sauce and barbecue. And although grilled meat is indeed prevalent in some Korean food, the ingredients that filled out the bapsangs of Joanne's childhood--doenjang (fermented soybean paste), gochujang (chili sauce), dashima (seaweed), and more--are fully plant-based, unbelievably flavorful, and totally Korean. In her debut cookbook, Joanne shares recipes and narrative snapshots of the food that shaped her family history. Some of the recipes come straight from her childhood: Jjajangmyun, the rich Korean-Chinese black bean noodles she ate on birthdays, or the humble Gamja Guk, a potato-and-leek soup her father makes. Some pay homage: Chocolate Sweet Potato Cake is an ode to the two foods that saved her

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mother's life, Kale & Ramen Salad with noodle "croutons" and a dressing akin to ramen broth. With the intimate storytelling and stunning photography she's become known for on social media, *The Korean Vegan Cookbook* celebrates how deeply food and family shape our identity.

Delicious, fresh Vietnamese food is achievable any night of the week with this cookbook's 80 accessible, easy recipes. IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY NPR • The Washington Post • Eater • Food52 • Epicurious • Christian Science Monitor • Library Journal Drawing on decades of experience, as well as the cooking hacks her mom adopted after fleeing from Vietnam to America, award-winning author Andrea Nguyen shows you how to use easy-to-find ingredients to create true Vietnamese flavors at home—fast. With Nguyen as your guide, there's no need to take a trip to a specialty grocer for favorites such as banh mi, rice paper rolls, and pho, as well as recipes for Honey-Glazed Pork Riblets, Chile Garlic Chicken Wings, Vibrant Turmeric Coconut Rice, and No-Churn Vietnamese Coffee Ice Cream. Nguyen's tips and tricks for creating Viet food from ingredients at national supermarkets are indispensable, liberating home cooks and making everyday cooking easier.

Meatless Vietnamese cooking for vegetarians and omnivores alike. In the years he spent living and cooking in Vietnam, Cameron Stauch learned about a tradition of vegetarian Vietnamese cuisine that is light and full of flavor. Based on recipes devised over centuries by Mahayana Buddhist monks, the dishes in *Vegetarian Viet Nam* make use of the full arsenal of Vietnamese herbs and sauces to make tofu, mushrooms, and vegetables burst with flavor like never before. With a lavishly illustrated glossary that helps you recognize the mushrooms, noodles, fruits, and vegetables that make up the vegetarian Vietnamese pantry, *Vegetarian Viet Nam* will unlock an entire universe of flavor to people who want healthy, tasty, and sustainable food.

100+ hearty, succulent, people-pleasing meals featuring vegan meat, from comfort food classics and speedy weeknight dinners to global flavors and showstoppers, plus recipes for DIY vegan meats and cheeses. "When vegan cheese queen Miyoko Schinner pens a new cookbook, you don't walk to your nearest bookstore. You run. . . . Get ready for your weeknight dinners to never be the same."—VegNews From the Impossible Burger and Beyond Meat to MorningStar Farms, Boca Burgers, and more, plant-based meats are a growing trend for those who want to help the planet, animals, and their health but don't want to give up the meaty flavors they love. In *The Vegan Meat Cookbook*, bestselling author Miyoko Schinner guides you through the maze of products available on store shelves and offers straightforward guidance on how to best use them in everything from Sausage Calzones with Roasted Fennel and Preserved Lemon to Hominy and Carne Asada Enchiladas with Creamy Green Sauce. Dig in to a satisfying vegan meal of Weeknight Shepherd's Pie with Bratwurst and Buttery Potatoes or Meaty, Smoky Chili. Wow your guests with Coq au Vin, Linguine with Lemon-Garlic Scallops and Herbs, or Lettuce Wraps with Spicy Garlic Prawns. For those interested in making their own vegan meats and cheese from scratch, there are recipes for Juicy Chicken, King Trumpet Mushroom Bacon, Easy Buffalo Mozzarella, Miyoko's famous Unturkey, and many more that you'll never find in stores. Whether you're cutting back on meat for your health, the environment, animal welfare, or affordability, *The Vegan Meat Cookbook* will satisfy the cravings of

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flexitarians, vegans, vegetarians, and even carnivores.

Meatless Vietnamese cooking for vegetarians and omnivores alike.

The Asian Vegan Kitchen is a collection of recipes from across Asia, featuring the spices and the many tasty ingredients that have made these cuisines popular world-wide. It caters to the growing segment of people of all ages who have chosen to eschew animal products, yet still want to add some global spice and excitement to their diet. There is one big difference between this and many other vegan cookbooks. These dishes do not use replacement ingredients for traditional recipes. Instead, author Hema Parekh – a noted teacher of vegetarian cooking styles in Tokyo – has selected recipes that were traditionally vegetarian, and have been enjoyed by diners for decades, even centuries. In doing so, she has had to make only minor changes, if any, for these recipes to be deliciously appealing to everyone: vegan, vegetarian or otherwise. Over 200 dishes have been selected to cover a wide variety of tastes. Here readers will find vegan-ready recipes for everything from Japan's sushi to northern Indian curries, from Vietnamese spring rolls, to red-hot tofu, Chinese-style. Soups, noodle dishes and some desserts are also included. The recipes are simple, with detailed explanations. Also included are over 50 mouth-watering photos and a comprehensive glossary. Vegan cooking just became a lot more interesting. A long-time vegetarian, Hema Parekh has been teaching vegetarian cooking in Tokyo for almost twenty years. She has written two popular books on vegetarian cooking in Japanese – A Touch of Spice and Indian Vegetarian Cooking – and is working on a third. Parekh has lived in Japan for 27 years.

Contains vegetarian recipes that can all be created with ingredients from Trader Joe's, including sweet and sunny flatbread, easy eggplant pasta, and apple upside-down cake.

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