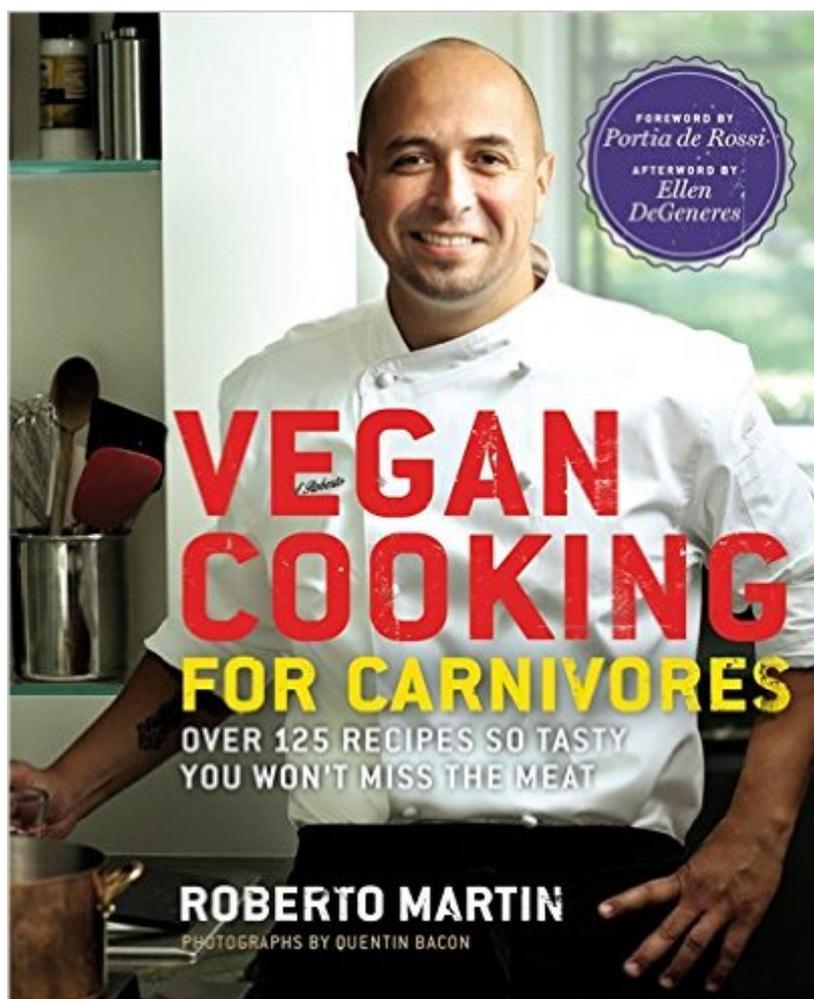


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# Vegan Cooking For Carnivores: Over 125 Recipes So Tasty You Won't Miss The Meat



## Synopsis

Ellen DeGeneres' personal chef, Roberto Martin, shares over 125 delicious vegan recipes he's created for Ellen DeGeneres and Portia de Rossi that he hopes will make healthy vegan cooking accessible and easy for everyone. Portia de Rossi explains in her foreword, "Roberto taught me that the key to making good food vegan is substitution...you can enjoy all your favorite foods and never feel deprived." Some of the standouts Martin, a Culinary Institute of America-trained chef, has developed for Ellen and Portia include: Banana and Oatmeal Pancakes, Avocado Reuben, Red Beans and Rice, "Chick'n" Pot Pie, and Chocolate Cheesecake. Featuring mouthwatering photographs by award-winning food photographer, Quentin Bacon, this cookbook will appeal to die-hard carnivores and vegetarians alike.

## Book Information

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## Customer Reviews

Vegan Cooking for Carnivores by Roberto Martin is a good primer for those interested in learning the basics of vegan cooking. Martin covers breakfast, lunch, dinner, sauces and snacks. Trained at the Culinary Arts Institute, he has no formal training in vegetarian/vegan cooking. When hired by Portia and Ellen to be their personal chef, he simply adopted both his and their favorite recipes into vegan dishes. This is the most valuable take away from the book--that many (my words--not all recipes can be converted) meat or dairy based dishes can be made vegan when you learn what plant based ingredients can be substituted for meat or dairy. Martin uses tofu, beans, faux meat substitutes, vegan mayonnaise, butter and cheese, and milk substitutes like soy and almond to make dishes that will appeal "to carnivores." He does not include a recipe to make your own

seitan--a basic vegetarian protein--however. In other words, he keeps it simple. Most of the recipes are easy with no cumbersome list of ingredients...that said, for those of you who might like to be more adventurous, this might not be for you. This cookbook is a primer...seasoned vegans may still get something out of it, but it is aimed at beginners or people who like to eat simply. Breakfasts include different pancakes, waffles, tofu scrambles. I was surprised that I didn't see any smoothies. All looked good and would appeal to most. Lunch included a good basic recipe for tofu egg salad--tofu, pickles, scallion, celery, vegan mayo, mustard...I tried the grilled vegetable sandwich and it was quite good. (Although he goes to great lengths to make the French bread just right....I would do it much more easily.) Some really nice sauces like chipotle cream....

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