

Ethiopian Cookbook Planet Cookbooks

Explore traditional Indian cooking using vegan ingredients with this volume of simple yet unforgettable recipes by the author of Indian Slow Cooker. Cookbook author Anupj Singla shares the secret to preparing classic Indian dishes without using animal products. Vegan Indian Cooking features 140 recipes that use vegan alternatives to rich cream, butter, and meat. The result is a terrific addition to the culinary resources of any cook interested in either vegan or Indian cuisine. Singla'a mother of two, Indian emigre, and former TV news journalist has a passion for easy, authentic Indian food. She shares recipes handed down from her mother as well as many she developed herself—including fusion recipes that pull together diverse traditions from across the Indian subcontinent. After launching her Indian As Apple Pie line of spices, Singla builds on her culinary expertise with flavorful recipes that make vegan Indian cooking accessible to even the most hurried home chef.

What's the best thing to slice and toast? The sandwich of course! Layered with flavor, simple and portable, and full of endless variety, sandwiches have been stealing the show for as long as they've existed. But it's time for the traditional, calorie-laden, meat-centric sandwich to move over, because there's a new sheriff in town—the vegan sandwich! Filled with healthy, natural, plant-based ingredients, vegan sandwiches are your one-stop shop to total breakfast, lunch, or dinner satisfaction. Inside Vegan Sandwiches Save the Day, you'll find 101 amazing combinations to suit any time, any craving, and any occasion. From the Protein-Happy Quinoa Rolls and Curried Lentil Sloppy Joes. So whether you're packing a lunch for work, school, or play, or just want to indulge in a nutritious and pleasurable meal without spending hours slaving over the stove, Vegan Sandwiches Save the Day has the tasty solution you're looking for.

So many international cuisines have become commonplace in the western world, - that we have almost forgotten there are many other amazing places lying in wait, with enticing and incredible food just waiting to be tried. Ethiopian cuisine has provided a perfect example. Providing for us some of the richest, cultural food on the planet. This cuisine is renowned for its aromatic, spicy and healthy food - it is now readily available to you to prepare from your own kitchen. Easy Ethiopian Cookbook is packed with simple but detailed Ethiopian recipes that are geared for the professional chef and average cook alike! In this book, you will learn how to cook: - Fantastic Ethiopian appetizers - Aromatic Ethiopian breakfast - Delicious and sweet Ethiopian desserts - Well known Ethiopian dinners Ethiopian cuisine is becoming some of the most recognized on the planet. What are you waiting for?Start cooking some of the best tasting food in the world today!

Healthy, fresh cooking made 5-ingredient fast–your guide to the Mediterranean diet. The Mediterranean diet isn't trendy–it's been around for centuries. It's still popular today due to its abundance of heart-healthy ingredients, fresh flavors, and simplicity in preparing. The 5-Ingredient Mediterranean Cookbook is your guide to easily incorporating this lifestyle to make tasty meals any night of the week–fast. From Roasted Red Snapper to Minty Watermelon Salad, learn how to make delectable, seasonal, healthy meals–all with just five simple ingredients. Stock up your pantry with Mediterranean essentials, find out how to select the best fruits and vegetables, and then get started making quick, nutritious meals. Living the Mediterranean diet hasn't been this fast and easy in hundreds of years. 5-Ingredient Mediterranean Diet includes: Mediterranean 101–101 wholesome, nutrient-dense recipes for breakfast, lunch, dinner and even dessert. Pro tips–Get hints and tricks with each recipe to help you prep, store, and swap ingredients with ease. Protein choices–Enjoy recipes that are easily tailored for whatever protein you prefer, like fish, chicken, beef, or even lentils and hummus. Let the 5-Ingredient Mediterranean Cookbook help you take advantage of this healthy and tasty lifestyle–all with simple ingredients.

Farm-fresh African, Caribbean & Southern Flavors Remixed

Small Planet, Small Plates

The Chinese Vegan Kitchen

Nigerian Cookbook

Vegan Indian Cooking

Black Food

Fill Up the Healthy Way with More Than 100 Delicious Protein-Based Vegan Recipes - Includes - Beans & Lentils - Plants - Tofu & Tempeh - Nuts - Quinoa

The Insect Cookbook

An Eater Best Cookbook of Fall 2020 • This groundbreaking new cookbook from chef, bestselling author, and TV star Marcus Samuelsson celebrates contemporary Black cooking in 150 extraordinarily delicious recipes. It is long past time to recognize Black excellence in the culinary world the same way it has been celebrated in the worlds of music, sports, literature, film, and the arts. Black cooks and creators have led American culture forward with indelible contributions of artistry and ingenuity from the start, but Black authorship has been consistently erased from the story of American food. Now, in The Rise, chef, author, and television star Marcus Samuelsson gathers together an unforgettable feast of food, culture, and history to highlight the diverse deliciousness of Black cooking today. Driven by a desire to fight against bias, reclaim Black culinary traditions, and energize a new generation of cooks, Marcus shares his own journey alongside 150 recipes in honor of dozens of top chefs, writers, and activists—with stories exploring their creativity and influence. Black cooking has always been more than “ soul food,” with flavors tracing to the African continent, to the Caribbean, all over the United States, and beyond. Featuring a mix of everyday food and celebration cooking, this book also includes an introduction to the pantry of the African diaspora, alongside recipes such as: Chilled corn and tomato soup in honor of chef Mashama Bailey Grilled short ribs with a piri-piri marinade and saffron tapioca pudding in homage to authors Michael Twitty and Jessica B. Harris Crab curry with yams and mustard greens for Nyessa Arrington Spiced catfish with pumpkin leche de tigre to celebrate Edouardo Jordan Island jollof rice with a shout-out to Eric Adjepong Steak fries with plantain chips and green vinaigrette in tribute to Eric Gestel Tigernut custard tart with cinnamon poached pears in praise of Toni Tipton-Martin A stunning work of breadth and beauty, The Rise is more than a cookbook. It ’ s the celebration of a movement.

Vegan Without Borders shares Robin Robertson’s favorite dishes from the great cuisines of the world and shows how cooking vegan makes borders disappear. Whether the recipe hails from Ecuador or Ethiopia, these plant-based dishes invite you to travel the culinary world and sample 150 of Robin’s all-time favorites. This mini-immersion into global cooking also reveals that many international cuisines are naturally free of the meat-and-potatoes constraints of the typical Standard American Diet (SAD), and food-loving vegans will delight at the dishes Robin places on her table at home. The recipes are healthy and accessible but without compromising on flavor. The pastiche of plant-based delights are organized by country or region of the world, making it easy to prepare a single recipe or to put courses together for a complete meal in a particular cuisine. The recipes include family-style comfort foods, global ethnic favorites, and creative new dishes inspired by the classics, all developed to satisfy a variety of mealtime desires. The result is a bounty of mouthwatering recipes that span the globe.

Discover the cooking traditions of more than twenty different countries of Europe, the Americas, Africa, the Middle East, India, and Asia. Recipes include: Polenta Rustica with Kale and Bean Ragout Potato Gratin Dauphinoise Baked Eggplant Fries with Tzatziki Sauce Chickpea Nuggets with Buffalo Barbecue Ranch Sauce Blue Ribbon Chocolate Cake Mojito Sweet Potatoes Melon Palatas Za'atar Roasted Cauliflower Lemongrass Coconut Rice Red-Cooked Tempeh Sizzling Saigon Crepes Bangkok Street Cart Noodles Insects will be appearing on our store shelves, menus, and plates within the decade. In The Insect Cookbook, two entomologists and a chef make the case for insects as a sustainable source of protein for humans and a necessary part of our future diet. They provide consumers and chefs with the essential facts about insects for culinary use, with recipes simple enough to make at home yet boasting the international flair of the world ’ s most chic dishes. Insects are delicious and healthy. A large proportion of the world ’ s population eats them as a delicacy. In Mexico, roasted ants are considered a treat, and the Japanese adore wasps. Insects not only are a tasty and versatile ingredient in the kitchen, but also are full of protein. Furthermore, insect farming is much more sustainable than meat production. The Insect Cookbook contains delicious recipes; interviews with top chefs, insect farmers, political figures, and nutrition experts (including chef René Redzepi, whose establishment was elected three times as “ best restaurant of the world ”; Kofi Annan, former secretary-general of the United Nations; and Daniella Martin of Girl Meets Bug); and all you want to know about cooking with insects, teaching twenty-first-century consumers where to buy insects, which ones are edible, and how to store and prepare them at home and in commercial spaces.

A global selection of delicious low-impact recipes to further vegetarian cooking, whether it's one day a week or forever. Moving toward a more vegetable-based diet is the only sustainable and healthy way to feed the world. The extraordinary abundance of nutritious plant foods gives great opportunities to conjure them into delicious, planet-friendly meals. Some of the best non-meat dishes come from Africa, Asia, Latin America, and the Middle East and presented here is a variety of highlights. This cookbook has intriguing tastes for every palate, > Cover 100 vegetarian recipes from all parts of the globe > Recipes presented in meze-style, with suggestions of a number of small dishes that combine to make a full meal > Easy to follow recipes with suggestions for substitute ingredients > Useful facts and helpful hints > Tips on sourcing fair trade and local ingredients > Full-color recipe photographs throughout

The Great Vegan Protein Book

Beyond Chopped Liver

The Story of Food and Hustle in Harlem

The Ultimate Guide to Cooking with the World’s Most Versatile Plant-Based Protein, with 125 Recipes [A Cookbook]

Vegan Travel Handbook

Savour: The New Classics Cookbook

Wholesome, Indulgent Plant-Based Recipes

Vegan Lunch Box

Whether you’ve been vegan for years or are travelling as one for the first time, this guide is packed with insight and advice on where to go, and the best vegan restaurants, accommodation and cities. From cooking classes in India to wildlife watching tours in New Zealand, Lonely Planet shows you how to explore the world on a plant-based diet.

Unlock the possibilities of beans, chickpeas, lentils, pulses, and more with 125 fresh, modern recipes for globally inspired vegetarian mains, snacks, soups, and desserts. from a James Beard Award-winning food writer “This is the bean bible we need.”—Bon Appetit NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY Food Network • NPR • Forbes • Smithsonian Magazine • Wired After being overlooked for too long in the culinary world, beans are emerging for what they truly are: a delicious, versatile, and environmentally friendly protein. In fact, with a little ingenuity, this nutritious and hearty staple is guaranteed to liven up your kitchen. Joe Yonan, food editor of the Washington Post, provides a master base recipe for cooking any sort of bean in any sort of appliance—Instant Pot, slow cooker, or stovetop—as well as creative recipes for using beans in daily life. From Harissa-Roasted Carrot and White Bean Dip to Crunchy Smoky Black Bean and Plantain Chili, Drawing on the culinary traditions of the Middle East, the Mediterranean, Africa, South America, Asia, and the American South, and with beautiful photography throughout, this book has recipes for everyone. With fresh flavors, vibrant spices, and clever techniques, Yonan shows how beans can make for thrilling dimers, lunches, breakfasts—and even desserts!

"Delicious and delightful" - the exquisite flavours of Ethiopia are utterly divine. From the spices to the presentation method, a meal in Ethiopia is an experience!" -P. [4]. cover.

"Indian food like you've never seen it before-in a healthy vegan cookbook, with 100+ recipes and stunning photos!..."

Living Lively

Stories, Art, and Recipes from Across the African Diaspora [a Cookbook]

130 Amazing, Animal-Free Lunches Kids and Grown-Ups Will Love!

Recipes and traditions from the horn of Africa

Cool Beans

Recipes and Stories from a City on the Water

The Rise

Foods, Flavors, and Inspirations from Africa

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 Veganomic, 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.

The book that started a revolution in the way Americans eat The extraordinary book that taught America the social and personal significance of a new way of eating is still a complete guide for eating well in the twenty-first century. Sharing her personal evolution and how this groundbreaking book changed her own life, world-renowned food expert Frances Moore Lappé offers an all-new, even more fascinating philosophy on changing yourself—and the world—by changing the way you eat. The Diet for a Small Planet features:
• simple rules for a healthy diet
• streamlined, easy-to-use format
• food combinations that make delicious, protein-rich meals without meat
• indispensable kitchen hints—a comprehensive reference guide for planning and preparing meals and snacks
• hundreds of wonderful recipes

A beautiful, rich, and groundbreaking book exploring Black foodways within America and around the world, curated by food activist and author of Vegetable Kingdom Bryant Terry. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY TIME OUT AND PUBLISHERS WEEKLY - "Mouthwatering, visually stunning, and intoxicating. Black Food tells a global story of creativity, endurance, and imagination that was sustained in the face of dispersal, displacement, and oppression."—Imani Perry, Professor of African American Studies at Princeton University In this stunning and deeply heartfelt tribute to Black culinary ingenuity, Bryant Terry captures the broad and divergent voices of the African Diaspora through the prism of food. With contributions from more than 100 Black cultural luminaries from around the globe, the book moves through chapters exploring parts of the Black experience, from Homeland to Migration, Spirituality to Black Future, offering delicious recipes, moving essays, and arresting artwork. As such, a joyful celebration of Black culture as a cookbook, Black Food explores the interweaving of food, experience, and community through original poetry and essays, including Jollying with Toni Morrison by Sarah Ladipo Manyika, Queen of the Kitchen with Leah Penniman, and Foodsteps in Motion by Michael W. Twitty. The recipes are similarly expansive and generous, including sentimental favorites and fresh takes such as Crispy Cassava Skillet Cakes from Yewande Komolafe, Okra & Shrimp Purloo from BJ Dennis, Jerk Chicken Ramen from Suzanne Barr, Avocado and Mango Salad with Spicy Pickled Carrot and RoF Dressing from Pierre Thiam, and Sweet Potato Pie from Jenné é Claiborne. Visually stunning artwork from such notables as Black Panther Party creative director Emory Douglas and artist Sarina Mantle are woven throughout, and the book includes a signature musical playlist curated by Bryant. With arresting artwork and innovative design, Black Food is a visual and spiritual feast that will satisfy any soul.

Don't you think it is about time Jewish foods "greatest hits" received a makeover? Beyond Chopped Liver shares new and better ways to enjoy quintessentially Jewish food with delicious, plant-based recipes- from challah to matzo ball soup!

The Book That Started a Revolution in the Way Americans Eat

Conquer the Kitchen with 100+ Battle-tested Recipes

A Greener Way to Cook for You and Your Family: A Cookbook

In Bibi's Kitchen

Black Cooks and the Soul of American Food

More-with-Less Cookbook

Recipes and Know-How from a World-Traveling Pizza Chef

Food for a Sustainable Planet

In his comprehensive first book, legendary pizza czar Anthony Falco teaches you everything you need to know to make pizza wherever you are, drawing from his singular experience opening pizzerias around the globe If there's one thing the entire world can agree on, it's pizza. It just might be the world's favorite food. In every climate, in every region, in every kind of kitchen, there's pizza to be had, infused with local flavor. In this definitive book, filled with hacks, tips, and secret techniques never before shared, International Pizza Consultant Anthony Falco brings the world of pizza to your kitchen, wherever you are. After 15 years at the famous Brooklyn restaurant Roberta's, culminating with his position as Pizza Czar, Falco pivoted from the New York City food scene to the world, traveling to Brazil, Colombia, Kuwait, Panama, Canada, Japan, India, Thailand, and all across the United States. His mission? To discover the secrets and spread the gospel of making the world's favorite food better. Now the planet's leading expert pizza consultant, he can make great pizza 8,000 feet above sea level in Bogotá or in subtropical India, and he can certainly help you do it at home. An exhaustive resource for absolutely any pizza cook, teaching mastery of the classics and tricks of the trade as well as completely unique takes on styles and recipes from around the globe, Pizza Czar is here to help you make world-class pizza from anywhere on the map. Important Note: For a correction to the extra-virgin olive oil quantity in the recipe for Thin & Crispy Dough on page 57, and for instructions on using this book without a sourdough starter, see https://www.abramsbooks.com/errata/craft-errata-pizza-czar/#

Grandmothers on eight eastern African countries welcome you into their kitchens to share flavorful recipes with family, love, and tradition in this transporting cookbook-meets-travelogue. “Their food is alive with the flavors of mangoes, cinnamon, dates, and plantains and rich with the history of the continent that had been a culinary unknown for much too long.”—Jessica B. Harris, food historian, journalist, and public speaker IACP AWARD FINALIST • LONGLISTED FOR THE ART OF EATING PRIZE • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New Yorker • The New York Times Book Review • The Washington Post • Bon Appétit • NPR • San Francisco Chronicle • Food Network • Vogue • Delish • The Guardian • Smithsonian Magazine • Salon • Town & Country In this incredible volume, Somali chef Hawa Hassan and food writer Julia Turshen present 75 recipes and stories gathered from bibis (or grandmothers) from eight African nations: South Africa, Mozambique, Madagascar, Comoros, Tanzania, Kenya, Somalia, and Eritrea. Most notably, these eight countries are at the backbone of the spice trade, a life of them exporters of things like pepper and vanilla. We meet women such as Ma Shara, who helps tourists “see the real Zanzibar” by teaching them how to make her famous Ajami Bread with Carrots and Green Pepper; Ma Vicky, who now lives in suburban New York and makes Matoke (Stewed Plantains with Beans and Beef) to bring the flavor of Tanzania to her American home; and Ma Gehennet from Eritrea who shares her recipes for Kicha (Eritrean Flatbread) and Shiro (Ground Chickpea Stew). Through Hawa’s writing—and her own personal story—the women, and the stories behind the recipes, come to life. With evocative photography shot on location by Khadija Farah, and food combinations by Jennifer May, In Bibi’s Kitchen uses food to teach us all about families, war, loss, migration, refuge, and sanctuary.

This is a new edition of Herald Press’s all-time best-selling cookbook, helping thousands of families establish a climate of joy and concern for others at mealtime. The late author’s introductory chapters have been edited and revised for today’s cooks. Statistics and nutritional information have been updated to reflect current American and Canadian eating habits, health issues, and diet guidelines. The new U.S. food chart “My Plate” was slipped in at the last minute and placed alongside Canada’s Food Guide. But the message has changed little from the one that Doris Janzen Longacre promoted in 1976, when the first edition of this cookbook was released. In many ways she was ahead of her time in advocating for people to eat more whole grains and more vegetables and fruits, with less meat, saturated fat, and sugars. This book is part of the World Community Cookbook series that is published in cooperation with Mennonite Central Committee, a worldwide ministry of relief, development, and peace. “Mennonites are widely recognized as good cooks. But Mennonites are also a people who care about the world’s hungry.”—Doris Janzen Longacre

One of the Best Cookbooks of 2021 by the New York Times Inexpensive the sublime beauty and flavor of one of the oldest and most delicious cuisines on earth: the food of Shanghai, China’s most exciting city, in this evocative, colorful gastronomic tour that features 100 recipes, stories, and more than 150 spectacular color photographs. Filled with galleries, museums, and gleaming skyscrapers, Shanghai is a modern metropolis and the world’s largest city proper, the home to twenty-four million inhabitants and host to eight million visitors a year. “China’s crown jewel” (Vogue), Shanghai is an up-and-coming food destination, filled with restaurants that specialize in international cuisines, fusion dishes, and chefs on the verge of the next big thing. It is also home to some of the oldest and most flavorful cooking on the planet. Betty Liu, whose family has deep roots in Shanghai and grew up eating homestyle Shanghai food, provides an enchanting and intimate look at this city and its abundant cuisine. In this sumptuous book, part cookbook, part travelogue, part cultural study, she cuts to the heart of what makes Chinese food Chinese—the people, their stories, and their family traditions. Organized by season, My Shanghai takes us through a year in the Shanghai culinary calendar, with flavorful recipes that go beyond the standard, well-known fare, and stories that illuminate diverse communities and their food rituals. Chinese food is rarely associated with seasonality. Yet as Liu reveals, the way the Shanghaiese interact with the seasons is the essence of their cooking: what is on a dinner table is dictated by what is available in the surrounding waters and fields. Live seafood, fresh meat, and ripe vegetables and fruits are used in harmony with spices to create a variety of refined dishes all through the year. My Shanghai allows everyone to enjoy the homestyle food Chinese people have eaten for centuries, in the context of how we cook today. Liu demystifies Chinese cuisine for home cooks, providing recipes for family favorites that have been passed down through generations as well as authentic street food: her mother’s lion’s head meatballs, mung bean soup, and weekday stir-fries; her father-in-law’s pride and joy, the Nanjing salted duck; the classic red-braised pork belly (as well as a riff to turn them into gua bao!); and core basics like high stock, wontons, and fried rice. In My Shanghai, there is something for everyone—beloved noodle and dumpling dishes, as well as surprisingly light fare. Though they harken back centuries, the dishes in this outstanding book are thoroughly modern—fresh and vibrant, sophisticated yet understated, and all bursting with complex flavors that will please even the most discriminating or adventurous palate.

Vegan Sandwiches Save the Day!

Afro-vegan

A Beginner's Guide

Adventures in Vegan Ethiopian Cooking

Plant-Based India

Easy Everyday Meals from Around the World

Teff Love

120 Delicious and Healthy Plant-Centered Recipes

Discover the amazing versatility of the slow cooker! If you're a vegetarian who thought slow cookers were just for meat-eaters, Fresh from the Vegetarian Slow Cooker will introduce you to the wonders of slow cooking. And if you're already a slow cooker enthusiast, here's a whole new array of healthy, delicious recipes for a favorite appliance. Slow cookers can be used for a lot more than just tough, inexpensive cuts of meat. They're perfect for vegetarian and healthy cooking because slow cooking is a foolproof way to make beans, grains, numerous vegetables, and much, much more. "Until now most slow cooker cookbooks have been heavily meat oriented, leaning mightily on processed, preservative-heavy ingredients. Fresh from the Vegetarian Slow Cooker changes that. What a good idea! Here, every ingredient is fresh and real, and there's not a single pot roast with dehydrated onion soup to be found! Hoorary for this cookbook's ease, innovation, delicious-sounding variety, bright ingredients, and fine results. Not just vegetarians, but anyone who needs cooking ease but doesn't want to sacrifice full flavor or health, will rejoice in this inviting book." - Crescent Dragonwagon, James Beard Award-winning author of Passionate Vegetarian

The Great Vegan Protein Book showcases where and how vegans can find and prepare protein-rich foods, including over one hundred tasty and filling recipes.

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog–Rainbow Plant Life–suggests, Nisha Vora shares nourishing recipes with her local followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha’s Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Risotto. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

All cookbooks have recipes. The best have recipes and ideas. This cookbook thinks hard about the relationship between plants and the planet, between humans and other living beings, all the while making that hard thinking easy for the rest of us. It’s a cookbook that’s great to look at and fun to read, but don’t forget to do the most important thing: cook from it! • Question: In my now 35 years of cooking, this is the most revolutionary product I have encountered. - Chef Traci Des Jardins Cook Impossible(TM) at home. Meat-loving gourmets stood in line for hours when the world’s top chefs began serving Impossible Burger in 2016. Now, for the first time, these pioneering chefs have joined forces with Impossible Foods’ team of culinary leaders to share 40 recipes that are taking the culinary world by storm - and saving the planet, too. Explore dishes and expert tips from Brad Farmerie, Chris Cosentino, Eric Wareheim, Jamie Bissonnette, Ken Oringer, Kwame Onwuachi, Mary Sue Milliken, May Chow, Michael Symon, Tanya Holland, Traci Des Jardins, and more.Delicious recipes include: Pan Fried Chive Dumplings Korean Bulgogi 50 Jewish Recipes Get a Vegan Health Makeover

More Than 225 Meat-free, Egg-free, Dairy-free Dishes from the Culinary Regions o China

5 Ingredient Mediterranean Cookbook

200 Recipes for Healthy and Hearty One-Pot Meals That Are Ready When You Are

Meat-Free, Egg-Free, Dairy-Free Authentic Island Cuisine for Every Occasion

140 Simple and Healthy Vegan Recipes

One: Pot, Pan, Planet

Beat Bobby Flay

Southern comfort food and multicultural recipes from the New York Times best-selling superstar chef Marcus Samuelsson opened Red Rooster on Malcolm X Boulevard in Harlem, he envisioned more than a restaurant. It would be the heart of his neighborhood and a meet-and-greet for both the downtown and the uptown sets, serving Southern black and cross-cultural food. It would reflect Harlem’s history. Ever since the 1930s, Harlem has been a magnet for more than a million African Americans, a melting pot for Spanish, African, and Caribbean immigrants, and a mecca for artists. These traditions converge on Rooster’s menu, with Brown Butter Biscuits, Chicken and Waffle, Killer Collards, and Donuts with Sweet Potato Cream. They’re joined by global-influenced dishes such as Jerk Bacon and Baked Beans, Latino Pork and Plantains, and Chinese Steamed Bass and Fry Noodles. Samuelsson’s Swedish-Ethiopian background shows in Ethiopian Spice-Crusted Lamb, Slow-Baked Blueberry Bread with Spiced Maple Syrup, and the Green Viking, sprightly Apple Sorbet with Caramel Sauce. Interspersed with lyrical essays that convey the flavor of the place and stunning archival and contemporary photos, The Red Rooster Cookbook is as layered as its inheritance.

Spice up your life with over 200 authentic Caribbean recipes—veganized! Welcome to the Caribbean, home to an incredibly rich cooking tradition. Here, African, French, Asian, and Spanish influences combine with the local flavors of Barbados, Saint Lucia, Trinidad and Tobago, Jamaica, and more. You’ll discover: Sweet and Savory Breakfasts: Cassava Pancakes, Herbed Sada Roti Traditional Mains: Jerk ‘Sausages,’ Pelau, Trinidadian Doubles Smoothies and Nourishing Bowls: Bajan Booster Shake, Papaya Nia Smoothie Bowl, Caribbean Macro Bowl Modern Delights: Rasta Pasta, Plantain Wellington, Caribbean Sushi Teas and Sweet and Savory Treats: Moringa Bread, Lemongrass Agave Tisane, Sweetened Hibiscus Tea, Ginger-Kissed Jam-Filled Beignets Plus Drinks and Cocktails, Desserts, and everything in between! In this expanded, full-color second edition of Caribbean Vegan, Barbadian chef Taymer Mason shares 75 all-new recipes, including Caribbean Sushi, Praline for Marcus Samuelsson’s James Beard Award-Winning Discovery of a Continent, Foods, Flavors and Inspiration from Africa. [Samuelsson’s] recipes are seductively amalgams, designed to lure American cooks into adding less: familiar African flavors. . . . Sumptuous photographs by Gedyjon Kifle. . . will inspire you to follow Samuelsson on his travels.” —New York Times Book Review “A deeply personal mix of recipes and culture from chef/restaurant owner and native African who Gourmet named “one of the most innovative chefs in the world.” —USA Today “Original, intelligent, and well executed. . . . A personal culinary odyssey. . . . The result is a compelling blend of traditional recipes and a kind of personal fusion food.” —Los Angeles Times “Cookbook of the year. . . . Sparkles with color, intriguing recipes, and informative tidbits inspired by the research Samuelsson conducted.” —Chicago Tribune “A loving, enticing tribute to a continent that [Samuelsson] bel

represents, foodwise, the next big thing. . . . Captures the traditional recipes of countries from Morocco to South Africa, and also includes Samuelsson’s spin on the flavors he encountered.” —O, the Oprah Magazine “American cooks have explored many parts of the world in their kitchens, but one continent is almost entirely missing from our repertoires—Africa. . . . Marcus Samuelsson may change that single-handedly.” —San Francisco Chronicle

The rising star chef, food activist and author of The Inspired Vegan remixes foods of the African diaspora to outline creative but comprehensive vegan recipes for such options as Corn Maque Choux-Stuffed Jamaican Patties, Groundnut Stew and Crispy Teff-Grit Cakes. 17,500 first printing.

More Than 1,000 of the World’s Best Recipes for Today’s Kitchen

Ethiopian Cookbook

The Recipes and Stories of Grandmothers from the Eight African Countries that Touch the Indian Ocean [A Cookbook]

Vegan Eats World

My Shanghai

Diet for a Small Planet

Ethiopia

Earth-Friendly Vegetarian Recipes

Winner of a 2020 James Beard Foundation Book Award in the International category Ethiopia stands as a land apart: never colonised, the country celebrates and preserves ancient traditions. The fascinating cuisine is enriched with the different religious influences of Judaism, Christianity and Islam - a combination unique to Africa. The delicious dishes featured are Doro Wat, chicken slowly stewed with berbere spice, Yeassa Alichia, curried fish stew, and Siga Tibs, flashfried beef cubes, as well as a wealth of vegetarian dishes such as Gomen, minced collard greens with ginger and garlic and Azifa, green lentil salad. Chef Yohanis takes the reader on a journey through all the essential dishes of his native country, including the traditional Injera made from the staple grain teff and synonymous with an Ethiopian feast, along with the way telling wondrous stories of the local communities and customs. Complete with photography of the county's stunning landscapes and vibrant artisans, this book demonstrates why Ethiopian food should be considered as one of the world's greatest, most enchanting cuisines.

If you think vegan lunchtime means peanut butter and jelly day after day, think again! Based on the wildly popular blog of the same name, Vegan Lunch Box offers an amazing array of meat-free, egg-free, and dairy-free meals and snacks. All the recipes are organized into menus to help parents pack quick, nutritious, and irresistible vegan lunches. Ideal for everyday and special occasions, Vegan Lunch Box features tips for feeding even the most finicky kids. It includes handy allergen-free indexes identifying wheat-free, gluten-free, soy-free, and nut-free recipes, and product recommendations that make shopping a breeze.

"From the hit Food Network show"—Cover.

Colorful, aromatic, and flavorful—and as simple as ordering in. The harmonious blending of color, aroma, and flavor has made Chinese cuisine one of the most popular on the planet. As the world’s largest producer of fruits and vegetables, China boasts an impressive array of meat-free, egg-free, dairy-free dishes that has also made its cuisine one of the earth’s healthiest. From tasty appetizers to mouthwatering desserts, The Chinese Vegan Kitchen is a collection of easy yet authentic recipes from the various culinary regions of China—Canton, Hunan, Peking, Shanghai, Sichuan, Taiwan, Tibet—that you can prepare in your own kitchen with ingredients readily available in western supermarkets. This book features: •225 delicious and nutritious recipes for appetizers, soups, salads, noodle dishes, rice dishes, tofu and other main dishes, side dishes, and desserts •Nutritional analysis of calories, protein, total fat, saturated fat, cholesterol, sodium, carbohydrate, and dietary fiber for every recipe •Cooks’ tips throughout •A glossary of ingredients and where to find them This is vegan cooking like you’ve never experienced—but you will be coming back to this irresistible collection time and again.

The Red Rooster Cookbook

Lonely Planet's World's Best Spicy Food

Impossible(tm) the Cookbook: How to Save Our Planet, One Delicious Meal at a Time

Simple Yet Delicious Ethiopian Recipes That Will Change Your World

Revolutionary New Takes on Everyone's Favorite Anytime Meal

Robin Robertson's Vegan Without Borders

Fresh from the Vegetarian Slow Cooker

300 International Recipes for Savoring the Planet

From the award-winning culinary superstar and all-around "Queen of the Greens," a cookbook that perfectly reflects the way we want to cook and eat today: vegetarian food that is stylish, sustainable, and packed with flavor. "This is a book where thought meets practical action meets deliciousness." -Yotam Ottolenghi, bestselling author and award-winning chef With her award-winning cookbooks, Anna Jones blazed the trail of modern and creative vegetable-centered cuisine, and in her new book, she makes cooking mouthwatering meals simpler and greener than ever before. One: Pot, Pan, Planet delivers all the goods: delectable recipes that are easy to prepare and that keep sustainability at the center of every dish. And with Jones guiding the way, the variety and depths of flavors possible using just one pot, pan, or tray are limitless: Persian Noodle Soup, Carrot & Sesame Pancakes; Crispy Butter Beans with Kale, Lemon & Parmesan; Quick Squash Lasagna; Saag Aloo Shepard's Pie, to name just a few. With over 200 recipes for every occasion--from busy weeknight meals, to weekend feasts, to desserts that promise to delight --these inventive, deeply satisfying dishes will become your new go-to kitchen staples. Whether preparing the recipes vegetarian or vegan, you will also find information to help you reduce waste, use leftovers, make kitchens plastic-free, and become a more environmentally mindful shopper. One: Pot, Pan, Planet is a splendid cookbook that is all good: for you, for your pocket, for the planet--and, of course, for your palate!

The follow up to the successful The World's Best Street Food, this title presents 100 spicy dishes with historical and cultural information, as well as instructions on how to make it at home. Smart and evocative photography illustrate every dish.

100 Plant-Based Recipes to Activate Your Power and Feed Your Potential

Features more than one thousand recipes from around the world, including such offerings as deviled eggs with smoked trout, oyster po'boy, crispy Chinese roast pork, spicy Tunisian fish stew, and cardamom-buttermilk pie.

Discovery of a Continent

Traditional Ethiopian Recipes Made Easy

Nourishing Recipes Rooted in Tradition

Easy Ethiopian Cooking

101 Easy & Flavorful Recipes for Every Day

Recipes and suggestions by Mennonites on how to eat better and consume less of the world's limited food resources

The Whole Foods Cookbook

Pizza Cris

Whole Foods Market has long been synonymous with high-quality and healthy ingredients. Now, John Mackey, CEO and co-founder of Whole Foods Market, has teamed up with nutritional experts and leading chefs to create a cookbook inspired by these values. They know that cooking food yourself is the secret to changing your diet and sustaining a new lifestyle, and are sharing their favorite recipes that celebrate nutrient-rich, health-promoting whole plant foods. The Whole Foods Cookbook philosophy starts with the basic tenet that the most important dietary change you can make is to eat more fruits and vegetables. To help you navigate the nebulous world of healthy eating, the authors have written a clear and friendly introductory summary of the Whole Foods Diet's principles, the essential 8 foods to eat, tips on setting up a stress-free kitchen, and more. You'll also find specific guides on cooking beans and grains, building flavors, and impressive techniques like sautéing without oil and roasting to add layers of flavor. But most tantalizing are their 120 recipes covering breakfast, smoothies, entrees, pastas, pizzas, healthy desserts, and more. The ultimate goal of The Whole Foods Cookbook is to change your habits around eating and preparing food. In the midst of our busy lives, the last thing most of us need is an overly complicated diet. Get the basics right, learn to cook a few meals you love, and eat plenty of them. Once you become accustomed to the whole foods, plant-based lifestyle, you'll quickly gain the confidence to create your own delicious variations.

NIGERIAN COOKBOOK A Beginner's Guide Delectable Flavour - Nigerian cuisine is absolutely wonderful! It consists of dishes from hundreds of ethnic groups in Nigeria, using herbs and spices combined with groundnut and palm oil to produce extremely flavourful soups and stews. In this book, you will learn a little about everything from the geography, economy, climate and landscape of Nigeria, to the people, history and traditions of Nigeria! This cookbook contains mouth-watering recipes for over 30 authentic Nigerian dishes. In this book, you will receive an introduction to Nigeria's wonderful cuisine including delicacies such as; Peppersoup, Egusi, Masa, Suya, Tsiren Dakakken Nama, Coconut Rice, Jollof Rice, Alapa, Maafe, Shoko, Agege, Akara, Dodo, Zobo and Chin Chin. Each recipe is introductory and intended for beginners. They are easy to follow and beautifully photographed. This book has been written in support of millions of Nigerians living in poverty. Proceeds from the sale of this book will help bring about change for suffering African communities. Nigerian Cookbook is part of a social enterprise series called "Planet Cookbooks". The goal of Planet Cookbooks is to produce simple and helpful Introductory Cookbooks for the World's poorest countries, in support of community development efforts in each of these areas of the World. Planet Cookbooks are perfect for those who wish to learn more about these countries and their cuisine, while impacting the communities and lives of their people. For information on additional culinary ventures aiding Extreme Poverty around the world, please visit us online at www.PlanetCookbooks.com.

Why wait for a trip to your favorite Ethiopian restaurant? Import the delicious flavors of Ethiopia right to your own kitchen! Kittee Berns has demystified this cuisine so you can savor authentic Ethiopian food without ever leaving home. Discover how to source and use the tantalizing seasonings and savory ingredients that are the foundation of these unique dishes. Kittee introduces the holy trinity of Ethiopian cooking: a berbere spice blend, injera (the fermented sourdough staple), and ye qimem zeyet, a veganized clarified butter. Armed with these basics, you'll be ready to dazzle your family and friends with many of the popular dishes found on veggie combo platters in restaurants all over North America. From saucy wots, spicy stews, and succulent stir-fries to traditional injera-based dishes and fusion foods that blend these unique seasonings into a range of family favorites, fans of this cuisine will be thrilled. Recipes are almost entirely gluten- and soy-free, or can be made so with easy adaptations. You'll also find tips on tools and equipment to time-saving techniques and menu suggestions. Just pull up a mesob (a traditional woven stand or basket), perch your platter on top, and get ready to party Ethiopian style!

There are so many international cuisines that have become commonplace in the western world - so much so that we almost forget that there are thousands of other amazing places just lying in wait, with incredible food waiting to be tried. With Ethiopian cuisine providing the perfect example. Providing us with some of the most culturally-rich food on the planet, Ethiopian cuisine is renowned for being spicy, aromatic, and healthy - and now it's readily available for you to prepare in your own home. This cookbook is full to brim with simple step by step Ethiopian recipes that are perfect for the average cook and professional chef alike! In this book, you will learn how to cook: Aromatic Ethiopian breakfast Amazing Ethiopian appetizers Famous Ethiopian dinners Sweet and delicious Ethiopian desserts Ethiopian cuisine is fast become some of the most well recognized on the planet - so what are you waiting for? Take the first step towards cooking some of the best food in the world!

The Vegan Instant Pot Cookbook

Caribbean Vegan