



Pure Vegan: 70 Recipes for Beautiful Meals and Clean Living

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Pure Vegan proves that embracing a vegan lifestyle can be stylish and beautiful via 70 recipes that are both plant-based and indulgent. The only vegan cookbook that celebrates eating and enjoyment rather than emphasizing the politics of a vegan lifestyle, this beautiful compilation features novel, vivacious recipes. Yes, they're non-meat-egg-dairy, and they're fabulous! Pure ingredients and unique combinations appeal to meat lovers and committed vegans alike. Breakfast, lunch, dinner, and snacks are represented, and a special chapter is dedicated to late-night indulgences such as chocolate truffles and herbal cocktails. Seventy-five gorgeous pictures round out this fetching package.

Pure Vegan: 70 Recipes for Beautiful Meals and Clean Living Details

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From Reader Review Pure Vegan: 70 Recipes for Beautiful Meals and Clean Living for online ebook

False says

A beautifully constructed book. Unfortunately, it didn't have one recipe I was interested in attempting to make. Overly fussy, for me. Photographs beautifully, though.

Gail says

An absolutely GORGEOUS book. Can't wait to cook every recipe!

Morgan says

One of the most beautiful cookbooks I have seen. Everything looks delicious.

Donna Koontz says

A must have for any vegan kitchen!

Tamara says

the Halvah was my favorite!!!

Lee says

Saw this in the bookstore, it's incredibly beautiful!

Amanda says

I flipped through this book in a store and the photos and recipes looked great, I bought the kindle version b/c I find that it's easier for me to use the cookbook on a color kindle/ipad. And I have too many books for my small house.

I've been a vegetarian (and for two years a raw vegan) for a long while, but recently decided to dip into veganism. I have some of the great classics (vegetarian epicure 1 and 2, Laurels, etc. But I wouldn't end my

cookbook collection at Julia Child or the Joy of cooking(classics for non-veggies) I also love small, interesting cookbooks as an addition to the standards. Why? Because I find them inspiring, this one especially because I haven't seen such a beautifully done, coffee-style book for vegan food, excepting all the raw-vegan books out there. It's about time.

I made a few recipes in one weekend -as a side note I substitute all sugar for coconut sugar which is low glycemic.

1. Roasted pepper Involtini - easy to make, taste is wonderful and presentation - guest's like! A little rich so best to serve with a light meal. I would suggest use only 1 of his recipes that use a tofu- "cheese" in a meal. You would do that normally for any style of eating.
2. Brussels sprout slaw - One of my favorites, and I even had a non-brussel sprout eating friend, eating them up with glee.
3. Potato torte - easy to make and absolutely homestyle goodness, comfort food at its best.
4. Sweet Crema with Berries - very good, hard to tell it's tofu and I'm not really big on tofu - I would usually use coconut cream in a similar way, but I love this variation.
5. Garbanzo bean Socca - love this, it's not health food, but great as a flat bread substitute and very satisfying. I substituted the fry pan for a cake pan, either would do. You can also layer this with fresh tomatoes and eat as a starter.
6. Curried Chick peas! I never knew how good chick peas could be - great snack.
7. Pistachio Olive oil cake- This is a winner, came out beautifully the 1st time, easy to make and so tasty, practically guilt free when made with coconut sugar.

I'm happy with this book just for the brussel sprouts and chick peas alone, but I feel I will be making many more of these recipes in the future. It's expanded our diet and we happily have eaten vegan for 2 weeks now, without missing anything. I would recommend this for people who enjoy cooking and need something refreshing, or to add to your cookbook collection. If you can only have one cookbook, perhaps look elsewhere, happily that's not the case for me.

P. says

this is a good vegan cookbook for people who aren't into meat substitutes. nothing revolutionary, but all the stuff I tried was good: muhammara (it was a bit too bready, but tasted better the longer it sat in the fridge), jicama salad, celery root & fennel chowder, and broiled tofu with shiitakes and carrots. there are recipes for drinks and a large selection of good looking desserts, and it would be a great resource for throwing parties or going to a potluck, because though the recipes are simple, they taste polished and have fancy twists (eg. lapsang souchong rice)

McKenzie says

I adore this book! I would highly recommend for people who are comfortable in a well equipped kitchen. Some of the recipes/ingredients/tools/techniques may be a bit beyond the beginner vegan, or chef.

Helen says

Delicious photography, I want to cook it all. Don't be put off because it's vegan, it's more about good quality ingredients, used well.

Judi says

Lots of yummy looking recipes, may buy my own copy in the future.

Lisa Vegan says

This is a paperback book but it's LARGE and HEAVY, very.

It has absolutely gorgeous photos for many of the raw ingredients and for most of the recipes.

I'm not the least surprised that I found out I do not have a well equipped kitchen, but I'm now very interested in getting a microplane grater and a mandoline.

I borrowed this book from the library, renewing it several times, but I don't plan to use it or buy it. However, I can see giving it as a gift to friends who enjoy cooking and who do have a lot of the equipment called for and a well stocked pantry full of basics, and those who have room/money and interest to buy additional needed foods and tools.

I really enjoyed reading all the little stories accompanying each recipe, for instance the story at the Charoset Tart (think Jewish Passover) and the idea of the recipe better than the actual (alcohol included) recipe, and that was true of many of the recipes.

Overall, most of these recipes require too much fuss for me, but I appreciate that all contain "real food" and there are few shortcuts. For me there is too much alcohol, too much oil, too much sugar (including in some savory dishes), and a plethora of bell peppers. Now, except for sea vegetables, I enjoy all vegetables, but bell peppers are among my least favorite of vegetables. Give me jalapeños or Serrano peppers over the mild bell peppers virtually any time.

The Contents is highly unusual for a cookbook, and I don't think I've seen this organization in any other books. The author said he'd have been bored to write a cookbook that was organized typically: by appetizers, soups, entrees, sides, desserts, drinks, etc. The index works but often requires you to go from one word to another (guided) word to get to where you want to go, and that's to the basic food words. For instance, if you go to espresso (gelato) it tells you to go to coffee. However, the index isn't even really needed. All the recipes show in the Contents under their section, and all the contents are on two facing pages; every recipe is easy to find.

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Due to my GERD I don't eat late night or very late night, but obviously any of these recipes can actually be made any time of day. That's a good thing too because I was surprised by how much coffee, tea, (and alcohol too?) are included in those last 2 chapters.

Recipes I personally would enjoy and that I found intriguing are:

from Morning: Breakfast Fries; Savory Breakfast Torte; French Toast with Cardamon Pear Compote; Breakfast Strata

from Afternoon: Lavender Lemonade; Dukkah; Muhammara; Hummus with Tahini; Ceviche de Vegan; Baked Ratatouille in Phyllo; Garbanzo Bean and Tomato Soup

from Evening: Moroccan Orange Salad; Brussels Sprout Slaw; Nutty Mushroom Risotto; Celery Root and Fennel Chowder; Roasted Brown Bag Vegetables (I don't need the Vegan Aioli to go with them); Potato Torte; Eggplant Parma-Style; Zucchini Lasagna with Pesto; Seared Tofu with Date Barbecue Sauce; Espresso Gelato; Mexican Chocolate Gelato; Piñon Gelato

from Late Night: Garlic Mushrooms; Chocolate-Tahini Timbales

from Very Late Night: Hazelnut Halvah; Maple-Chipotle Pecan Popcorn

That popcorn snack recipe does look amazing, and it's the main reason I may actually use this book to make recipes, which would entail borrowing the book yet another time.

It's a beautiful book, and it would make a great gift for experienced home cooks, cookbook collectors, those who love photos in their cookbooks, vegans and those who cook for vegans, or for anyone who likes gourmet plant based food. My guess is that most people who are willing to put in some effort in the kitchen and those who like or don't mind a fair amount of sugar, oil, and alcohol, will give this book 5 stars.

Susan Spira says

A beautifully executed book, large in size 9" x 11" with gorgeous photographs of the food. Very elegant. I did not bond with many of the recipes and would not make this a first choice for a new vegan looking to

figure out what and how to eat. It would be a supplemental purchase for a well-stocked library of already basic recipe books. No nutritional data accompanying the recipes. A lovely book to "leaf" through.

Dana says

This cookbook has beautiful photos and well-written, unique recipes. I am not vegan, but am looking for recipes featuring whole foods and I found that most of the recipes in this cookbook fit that requirement. Tonight I made the Ceviche de Vegan and the Nutty Mushroom Risotto. I think that vegan recipes are really good especially when you add meat or dairy products to them. :) I used homemade chicken stock for the Risotto and it was fantastic. Both the Ceviche and the Risotto were hits at dinner. I plan to make several other recipes from this cookbook in the future as well. Some of the recipes are quite gourmet and require exotic ingredients and lots of time, effort and energy. I am not making those even though they sound incredibly good and look fantastic in the photos. However, if you like that type of recipe, this cookbook has them for you! Other recipes seem rather simple, straightforward and delicious sounding. I have never heard of making a brussels sprout slaw by trimming the base off of the sprout and separating the leaves and using them that way. I look forward to making that soon too!

I highly recommend this lovely cookbook.

Mariel Lepra says

The Mushroom Risotto was fantastically tasty and quite simple to make! (I omitted the nuts due to a lack of hazelnuts in my house and added Shimenji mushrooms on top of Porcini, Oyster, Cremini and Shitake mushrooms.)
