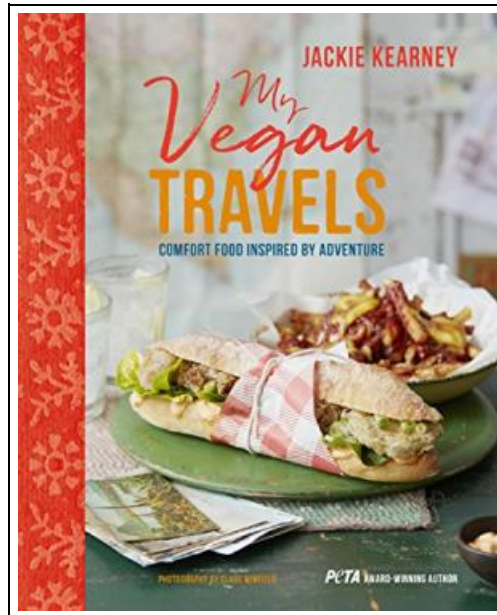


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MY VEGAN TRAVELS: COMFORT FOOD INSPIRED BY ADVENTURE (HARDBACK)



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Ryland, Peters Small Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. 75 satisfying plant-based recipes for comfort food from around the world. A food-lover and keen traveller, Jackie Kearney became a favourite MasterChef UK finalist in 2011 thanks to her creative approach to vegetarian and vegan cooking that took inspiration from all over the world. However, if there is one thing that she loves to cook most, it is those comfort food classics that can satisfy any hunger pangs - and in this collection of vegan recipes, she shows how easy it is to do that as part of a plant-based diet. She begins with flavours from her childhood in No Place Like Home, featuring recipes such as My Big Fat Veggie Cottage Pie and Root Vegetable Rosti with Home-made Beans and Smoky Tempeh. European Summers follows with a selection of relaxed dishes like Campfire Risotto with Asparagus and Lemon, French Onion Soup with Cashew Cheese Croutons, and Roasted Aubergine Lasagne with Puy Lentils. Jackie is renowned for her love of Asian flavours, so the next chapter, Asian Comfort, is where her passion really shines. Try Beetroot and Watercress Samosas with Pineapple Chutney, Shami Kebab served in a naan or the classic South-east Asian soup Singaporean Laksa. For dessert, a Chai-spiced Rice Pudding with Ginger Cookies is the perfect winter warmer. Then, inspiration comes from across the USA with a vegan take on the classic NYC deli sandwich - Reuben s Honestly - and Tevo s Texan Scramble Breakfast Burrito, as well as those best-loved American sweet treats such as the Aint No Vooodoo Raspberry Chai Doughnuts. With a guide to the vegan storecupboard and basic recipes for Easy Vegan Mayo, Cashew Cream, Flax Eggs and Almond Ricotta, this is the essential book for all...



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