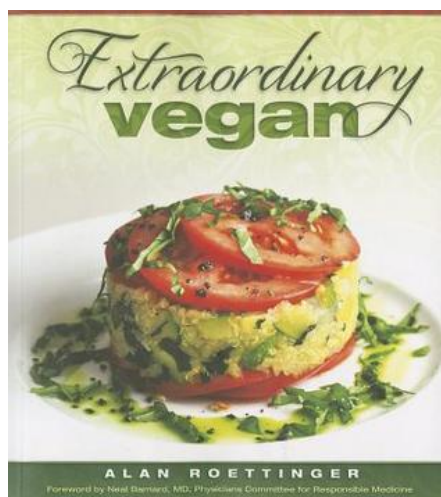




Extraordinary Vegan

Alan Roettinger

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As a private chef to high profile clients (including a president and a prime minister), for over 30 years, Alan Roettinger has learned a lot about what people hunger for and what satisfies.

Learn his secrets for creating simple yet sophisticated, vibrant vegan dishes with a decidedly international flair and add joy and surprise to your menus, whether for everyday meals or celebratory gatherings.

His commitment to making food designed to support health, thrill the senses, surprise the imagination, and nourish the heart employs not only efficient techniques and intriguing ingredients, but a true love of the experience of creating food.

More than 100 delightfully artful recipes will transform your meals from ordinary to extraordinary!

Extraordinary Vegan Details

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Author : Alan Roettinger

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From Reader Review Extraordinary Vegan for online ebook

Deb says

Note: I was given a copy of this book by the publisher in return for an honest review.

I am always looking for vegan cookbooks with unique recipes to keep my taste buds happy so I was pleased to receive a copy of Extraordinary Vegan to review. Written by a private chef (and writer, food designer and public speaker), the 100+ recipes are elegant enough to entertain with, but easy enough to recreate at home. I have tried three recipes so far--Miso Broth with Ginger (made with a vegan kombu dashi stock instead of the fish-based bonito stock), Banana-Mint Smoothie (coconut water, bananas, hempseeds, dates and mint), and finally the 'A Very Different Butternut Soup.' All recipes were written clearly, were easy to follow, tasted great and a little extra twist of interesting ingredients that make them memorable.

Coming soon--I picked up some little striped eggplant at the farmers market this weekend to make Grilled Baby Eggplants with Ras El Hanout tonight and the Masoor Dal with Kabocha Squash is on the menu for later this week. Other recipes tagged in my book include Green Garbanzo and Fresh Kale Soup, Nutty Chocolate Protein Bars with Chia Seeds, Curried Mushrooms and Peas, Carrot-Cardamom Rice with Saffron, Blood Orange Sorbet and Bananas en Papillote.

For my full review and the recipe and picture of the 'A Very Different Butternut Soup'--go to my blog post here: <http://kahakaikitchen.blogspot.com/20...>

Ryan Donohue says

Please read: This is more than a vegan cookbook, it is a whole food plant based cook book! The difference is that this book will help guide the reader to a healthier lifestyle with more energy, vigor, weight loss, etc!

I started to look for a less processed diet which ultimately led to veganism about 6 months ago. The excess weight I was carrying melted off, I found a new sense of energy which led to developing a passion for running, I became healthier, and even started to lose mass in several of the cysts on my body. There was no doubt that changing to a whole food, plant based diet was critical to this success.

That being said, this required a lot of research on my end with less mainstream guides. Most vegan cookbooks tell you how to eat the typical diet without harming animals. While this has its place to promote veganism, this does not promote a healthy lifestyle. I was ecstatic when I found out this recipe book was nothing like this.

This book focuses on a wide variety of foods, using many ingredients or techniques that I had only recently learned of. Each recipe has a background including a history of the foods culturally and why the author selected it to be in the book. The recipes are easy to follow, and some even have a smarttag to watch an online video of how to make the food. If for nothing else, I think this is an ingenious way to marry the traditional cookbook with modern video access.

The recipes are pretty simple, most only having a few ingredients. The instructions are straight forward. And everything that I haven't yet tried sounds delicious. Again, I love that this is based on real whole foods and not focused on food alternatives using tofu, though there is one tempeh recipe.

The only negative is that there could be more pictures, and the pictures that do exist can be pages away from the recipe.

Please pick this book up and look through it. Try at least one recipe and fall in love with a healthy lifestyle!

E says

I've been cooking vegetarian meals for a long time, though my diet now includes chicken, and I find there is much to like and learn in this book. Like the overview of unusual spices and oils in the intro, with an emphasis on international spice blends and chili pepper profiles. Like the flavor combos that really perk up a salad (such as the edamame with Penang curry dressing). Like the clean layout of the recipes- very inviting- and the colorful photos that make you want to dive in. Think vegan dishes could not possibly have any flavor without meat or dairy? Try this book to open your eyes!

K says

I'm not vegan, but was hoping for some "tastier" recipes to enable me to add more veggies to my diet. And, while the recipes do sound interesting, the ingredients aren't mainstream enough for me to find in the grocery stores I usually shop in (and there weren't any recipes that sounded wonderful enough to entice me to go out of my way to find the appropriate ingredients).
