



The Voluptuous Vegan: More Than 200 Sinfully Delicious Recipes for Meatless, Eggless, and Dairy-Free Meals

Myra Kornfeld , Sheila Hamanaka

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There are many great reasons to eat vegetarian meals -- they're low in saturated fat, high in fiber, and chock-full of nutrients. But the considerable health benefits aside, gourmets often scoff at the likes of seitan and tofu, while vegans despair of dull, uninspired offerings. Until now. In *The Voluptuous Vegan*, Myra Kornfeld introduces creative, mouthwatering, truly voluptuous recipes that inject this incredibly healthy cuisine with a much-needed dose of culinary mastery, including:

- * full, balanced menus with appetizer, main course, and side dishes
- * a luscious array of soups and an ingenious selection of desserts
- * invaluable information on terms, ingredients, and techniques
- * a culinary world tour including Latin America, Asia, Africa, and the Middle East, as well as Europe and the United States

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Abilouise says

Occasionally, like for my best friend's birthday, I'll cook a full menu out of this book, and it comes out perfect in terms of balance, portions, timing, presentation and that warm party-in-the-tummy, not-too-full-just-full-enough feeling that comes from a perfect meal. This has happened twice in the eleven or so years I've had this book. It is worth it.

Chavonne says

Mmmmm. I never buy cookbooks, but I had to after reading this. I haven't tried any of the recipes yet, but just reading them make my mouth water. As Kalem and I plan to have many dinner/brunch parties in the future, I plan to put this to good use! It thrills me to know vegan food can be utterly sinful and decadent. It appears that most of the recipes will take a lot of time and ingredients that aren't normally in our home (I'm learning about all kinds of new grains/produce!). My lasting impression is that this will be a fun book to use, but in moderation or for special occasions.

Elizabeth says

Delicious- but no pictures. I hate that so much.

Also, this is not a novice's cookbook. Most of it is fairly complicated and some recipes require hard to find ingredients. Kornfeld provides sample menus, which is something I really like. Overall this is a great book for planning special events or making a meal that will surely be remembered (because of it's tastiness and the effort it took to make)

Melissa says

I'm not a vegan, but I like to mix it up and eat a variety of healthy meat, vegetarian and vegan dishes. I liked this cookbook, the recipes sound amazing. The butternut squash, sage and pecan stuffed raviolis (made with red chile pasta dough) and topped with a pureed white bean and garlic sauce makes my mouth water just thinking about it!

My only problem is that the recipes seem to be pretty complicated and time consuming. Being a mother of a small child, it doesn't fit my lifestyle right now, but maybe one day I'll come back to it.

The really cool part about this cookbook is that the author includes tons of general cooking tips and recipe specific ones too. For example, she suggests using tapioca flour to thicken berry fillings in pies instead of tapioca pearls (as my grandma taught me) because the pearls can harden sometimes. There are great tips

sprinkled throughout it!

Fishface says

These recipes are indeed voluptuous -- they lean a bit towards the "foodie" but not too obnoxiously. Some of these are much more trouble than I would go to to fix food, and as usual the recipes are FAR too heavy on the garlic. On balance, though, this book goes a long way towards unseating the idea that vegans live on sticks and rocks rather than anything a normal person would want to eat.

Plant Girl says

I like the idea of this book, but I rarely use it because of the use of expensive and hard to find ingredients. I love the layout of the recipes, they are arranged in menus, with an appetizer, main dish, side dish and dessert. It's a nice change from the usual. I have had lots of luck with the leek tofu quiche with sauteed mushrooms, wow! So very tasty.

Lauren says

The stews and soups are my favorite recipes out of this book. I cook one up every two or three weeks to last for a couple of days. The flavors are always perfectly balanced, and I feel like Popeye post-spinach after having a bowl. It also contains great recipes for tofu "creams". Yum!

That being said, these recipes are in-depth and often expensive to make. Only brave chefs need embark on preparing a full menu, and you had better purchase certain items in bulk.

Annie says

If you are not a vegan, and not really interested in meat substitutes, this is the vegan cookbook for you. The focus in this book is on really incredible tasting food that uses vegetables and spices from a variety of ethnic cooking traditions. It contains a glossary that has been indispensable to me, and every procedure is explained in detail.

The ingredients are best purchased at stores that cater to the recipe's particular cuisine (Asian, Indian, Latino), or you will end up being frustrated at the prices and the difficulty at finding ingredients. Natural foods stores are often suggested, but if you're on a budget, and if you are buying something that seems unusual like bok choy or serrano chiles, you will notice that the correct store will peddle such a bulk of these items that you will end up being pleasantly surprised at the prices.

Also, I probably wouldn't use this as an everyday cookbook, unless you really have time to cook every day, or you get really accustomed to the more advanced recipes. It's worth checking it out though, even if you're a beginner, you will learn things about not just vegan cuisine, but cooking in general.

Laura says

I'm not a vegan (and have been recently honing my steak cooking skills for my partner) but several of my favorite recipes come from this cookbook. The recipes are less involved than they appear though I don't usually try a new one on a weeknight.

Corinne says

This recipe book had many delicious looking vegan meals. I appreciated that it had diagrams of how to cut certain fruits and veggies. Unfortunately most of the recipes require a list of ingredients and I am gravitating towards simpler recipes.

Korri says

I borrowed this book to plan vegan holiday dishes and haven't yet tried out the recipes yet but so many look delicious. There are bookmarks on every other page. I particularly like that the author puts together menus with several dishes and tips about timing and preparation.

Valerie says

Another vegan book purchased when I first realized cows were my culinary enemy. This is the only one I would keep if I ever got motivated to clean off my shelves. It has some great recipes, and everything is organized into menus so meal planning is brainless.

Adrienna says

So far the introduction grabs me in with phrases like "we all need to feed our souls" which is the first line. We start at the grocery store, natural food or organic foods is good for the body. Green markets (which I will be researching for those again).

"splash love into your food" and ready to see what ideas I can use in my new lifestyle and way of eating. I've read various books on raw diets, vegan, vegetarian, and some of the shakes or foods I've tried were mediocre or pretty good. I don't like bland or not so good foods, no matter what diet I follow. I'm about flavor when I cook! Easy and affordable too.

Sadly, the homemade recipes seemed a bit difficult since I don't do pies homemade per se and nothing sounded interesting or good to cook. I liked some of the ideas for ice cream but not familiar with arrowhead powder and not sure how it will come out. I'll just go get soy ice cream at a whole food store like Trader Joe's or Outpost (Milwaukee, WI/Glendale).

Jenny D says

I've made several recipes from this book, and while they were good, the time invested in making them just didn't make it worthwhile. And I'm not someone who completely shies away from complicated recipes, it's just to put that much effort in, the results have to be awesome.

I don't think this is for the beginner cook at all. Lots of instruction and lots of ingredients that aren't so-called "everyday".

Kimberly Morghan says

I just picked this cookbook up from the library for inspiration, and WOW! - this one has some seriously delicious-sounding recipes. I haven't made many of the recipes yet, since the heat wave has made the idea of cooking food less than appealing, but I really want to try several of them. I think I'll be buying this one to add to my cookbook library for when it cools down a bit. If you are interested in vegan cooking and want to go beyond the bland "rice and beans", this would be a great book to read.
