

Vegan Everything: 100 Easy Recipes for Any Craving—from Bagels to Burgers, Tacos to Ramen

Nadine Horn

Jörg Mayer

The Experiment (Nov 1, 2019)

Softcover \$19.95 (224pp)

978-1-61519-588-6

Vegan Everything may be a lofty title, but Nadine Horn and Jörg Mayer's compilation of plant-based recipes comes remarkably close. Going around the world in one hundred recipes, with neither an animal by-product nor ounce of pretension in sight, this cookbook is an exuberant answer to the question "but what do vegans eat?"

Full of recipes that mostly max out at eight steps and don't rely on lengthy lists of exotic ingredients, *Vegan Everything* takes the mystique out of plant-based cooking. Nothing about this cookbook is intimidating; it's the perfect cookbook for anyone who's trying to expand their repertoire, complete with non-condescending guidance on stocking the vegan pantry and a list of vital kitchen tools complete with doodled illustrations. Recipes are innovatively ordered by where they fit into the natural rhythms of life, with sections including 20-minute meals, date night dinners, and dishes for cooking for family and friends.

Beyond accessibility, this diverse collection makes vegan cooking exciting. Fiery Koshari, an Egyptian rice, noodle, and lentil dish, awaits not three pages away from a classic Winter Minestrone, each presented with equally recognizable ingredients and straightforward instructions. Breakfasts like Coconut Farro and Scallion Pancakes beg to become part of your Saturday brunch routine, while a page of four smoothie recipes provides a quick morning option without assuming you've ever touched a blender. These are recipes dressed to impress without breaking a sweat; serve up Hot 'N' Sour Soup in less time than it takes for delivery to arrive, or stun with classy Cauliflower Steaks in just seven steps.

Delectable and designed for daily life, *Vegan Everything* is a welcome addition to any plant-based (or plant-friendly) bookshelf. With recipes so easy you could learn to cook from them, this is the perfect compilation for busy cooks who want to start Meatless Mondays but don't know where to start, or for vegans who're in their own kitchens for the first time.

JESSIE HORNESS (November / December 2019)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.