



Vegan Pasta

Clémence Catz

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Clémence Catz's *Vegan Pasta* includes fifty creative, eye-popping recipes to inspire your next meal.

With punchy updates of classic Italian pasta sauces and tantalizing new flavor combinations for every season, the book's emphasis is on healthy, plant-based ingredients—here, transformed into a chic riot of color. Some utilize dried pasta from the market; others include egg-free fresh pasta in myriad shapes and sizes. The latter are made from a variety of flours, in addition to instructions for using peelers and other gadgets to make noodles from fresh vegetables, including winter squash, beets, and cabbage. Pastas in vivid hues of green, yellow, magenta, and even black (from activated charcoal) will bedeck the plates of those who follow Catz's seven commandments for making fresh pasta.

Umami-laden nut-based alternatives for bechamel, cheesy sauces, and even grated Parmesan introduce Catz's primer on popular pasta sauces and toppings. She reinvents non-vegan standards like Linguine alla Puttanesca and Macaroni and Cheese with flavor-rich vegan ingredients like red dulse seaweed and caramelized onions. Subsequent recipes draw from a wealth of global cuisines, as with the North African-inspired Chorba with Split Peas, Mint, and Vermicelli, and Japanese ramen gussied up with teriyaki tempeh and orange and ginger-glazed baked carrots.

Catz continues to amp up flavors, colors, and unique ingredient combinations in memorable original recipes, pairing orecchietti with rhubarb and spring herbs; with a stunning citrus black pasta cooked inside of a pumpkin; and with a show-stopper: ravioli filled with herbs, with edible flowers peeping out from their translucent rice paper pillows. Artful photographs embellish these exceptional, appealing feasts.

Vegan Pasta elevates the humble repast of noodles into an elegant assemblage of color, texture, and flavors that will appeal to anyone looking for recipe inspiration or new ways of incorporating more vegan meals into their everyday repertoire.

RACHEL JAGARESKI (July / August 2022)

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