

Vegan Planet: More than 425 Irresistible Recipes with Fantastic Flavors from Home and Around the World

Robin Robertson

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This revised edition of the 2007 “bible of vegan cooking” is another monumental testament to the mainstreaming of the animal-free mindset. Millions of Americans now call themselves vegan and are proving that meat and animal products—from soft cheeses to hardboiled eggs and tupelo honey— are not a necessary part of a healthy human diet. We simply, unequivocally don’t require a world with slaughterhouses, industrialized dairy farms, and chicken cages the size of shoe boxes to feed our own species. Better yet, if we took all the land and resources used to grow animal feed and, instead, used it to raise plants for human consumption, the world would be a far healthier, more peaceful place.

But we digress.

Robin Robertson, the author of more than twenty cookbooks, has modernized the original version of *Vegan Planet* with addendums and additions on newly popular grains and greens (quinoa, kale, chard), health studies, research, and all manner of vegan wisdom. Effortless and entertaining, she drops know-how nuggets on seasoning, cast iron, knife skills, grilling, toasting seeds, roasting chestnuts, sprouts, wasabi, yeast, nondairy milk, antioxidants, and other tips to help the vegan cook.

Most impressively, *Vegan Planet* is page after page of brilliant ideas: Red Bean Cakes with Creamy Coconut Sauce, Cajun-Style Collards, Springy Tarragon Pasta Salad with White Beans and Roasted Asparagus, Spinach and Tofu Calzones, Artichoke and Wild Mushroom Strudel, Ginger-Scented Vegetable Pot Stickers, and a heavenly dessert chapter featuring Pumpkin- Rum Couscous Cake.

In truth, vegan converts won’t miss or crave anything from their meat-eating days if they’re willing to have some fun in the kitchen. The new vegan can also look forward to taste buds that come alive after a few weeks of eating plants exclusively—food will taste brighter and richer.

Change is rarely easy, but *Vegan Planet* offers the most surehanded guidance any eager vegan could hope for.

MATT SUTHERLAND (Summer 2014)

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