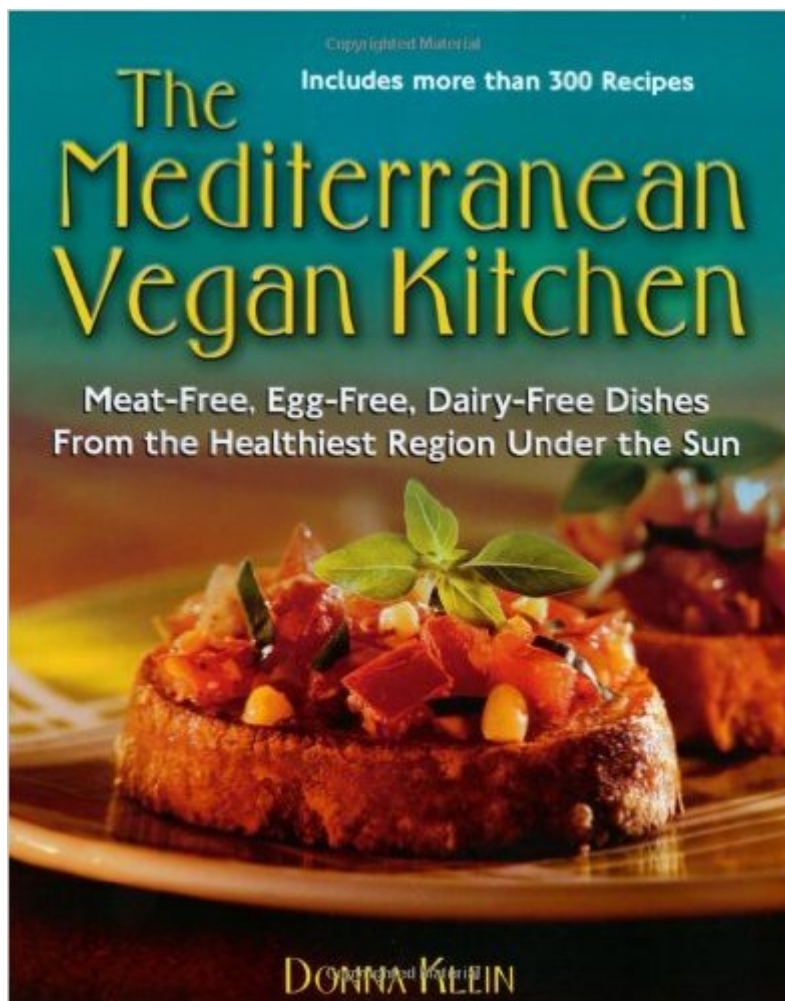


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# The Mediterranean Vegan Kitchen: Meat-Free, Egg-Free, Dairy-Free Dishes From The Healthiest Region Under The Sun



## Synopsis

After years of research, scientists declared that the Mediterranean diet was the best one for overall good health-and the exciting news was that it tasted great, too. With recipes for everything from nutritious appetizers to dairy-free desserts, this unique Mediterranean vegan cookbook is ideal for vegetarians, those with a lactose intolerance, and anyone who wants to make gloriously delicious dishes without meat, eggs, or dairy. Dishes include:\* Sicilian Eggplant Relish \* Catalan Grilled Vegetables with Almond Sauce \* Classic Italian Minestrone \* Moroccan Fresh Tomato Salad \* Black Olive Bread \* Zucchini-Lemon Couscous \* Greek Currant Cake \* Braised Pears in Red Wine \* and more

## Book Information

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## Customer Reviews

This cookbook is the antidote for the question often posed by well-meaning non-vegans: "don't you find a vegan diet limiting, with only vegetables and tofu?" I've cooked several of the dishes, all of which have been hits with vegan and non-vegan eaters - satisfying even to my meat-eating friends who believe only meat makes a meal! I served the squash gnocchi recently at a dinner party, and my guests were bowled over by it (it was worth every minute of effort). A cold cauliflower salad with a dressing involving capers was outstanding. What I most enjoy about the book is its quintessentially mediterranean nature: simple, fresh, uncomplicated, and absolutely delicious. Having grown up in an Italian family, I've hungered for vegan recipes with mediterranean roots that are not the usual pasta and sauce fare. This book has this and more. While I enjoy cooking with and eating soy products, this book takes a creative approach that doesn't rely on this as many vegan cookbooks

do. It also has recipes appealing to every level, from the person wanting only a few ingredients and easy prep to the experienced cook willing to invest a good amount of time. Buy this book - you won't regret it!

My husband and I tried two recipes from this book...the Marinated Lentil Salad (pg 87) and the Roasted Green Beans with Slivered Almonds (pg 147). Both were excellent (note: while I am a vegetarian, my husband is definitely not, and he declared that these were both "make it again" recipes). In fact, the lentil salad was the best we've ever eaten. I'm going to try one of the other bean salads tomorrow. I bought this book because it contained recipes that did not contain soy replacements, but instead relied on good, honest combinations of "real" ingredients. Don't get me wrong, there are a lot of wonderful soy substitutes out there, and we enjoy many of them (except for the soy cheese-substitutes, which are uniformly too strong and strange-tasting). But when I found myself using miso in a Mediterranean dish as a substitute for anchovies, I knew things had gone too far! I happened upon this book quite by accident, but by the time I finished reading the author's introduction, I knew it was a book for me. I am also a weight watcher and this book contains nutritional information with each recipe (sufficient enough to calculate POINTS, if you are a member of WW). While the recipes are not all lowfat, many are -- simply because of the lack of dairy and meat. Some recipes seem to be a little heavy-handed with olives, olive oil, and nuts, but it will be easy to use a lighter hand when I make some of those dishes. I heartily recommend this book to vegetarians of all types, and also to omnivores who want to incorporate a few meatless meals into their lifestyles. Even if you are not a vegan or a vegetarian, do not shy away from this title. You won't be disappointed. Way to go, Ms. Klein! I'm looking forward to your next vegetarian cookbook.

I bought this book when I started what I call "my trip towards vegetarianism". When I decided to start decreasing my intake of animal products, I decided to experiment new ways of cooking veggies: I love cooking and I enjoy eating good food, and I was not going to make my meals boring or lacking in taste because I decided to eat healthier, no way! This book shows how simple it can be to eat healthier while still enjoying your meals fully and not feeling deprived. As an Italian, I found here recipes that I absolutely love, as they use spices and tastes very familiar to me. But this book also contains recipes from Spain, Greece, France, and other Mediterranean areas. You'll fall in love with this book! Since I started preparing the dishes in this book my husband told me I didn't need to make meat for him anymore at home, as he loved my veggie dishes. Being a vegetarian/vegan has never been so easy!

Okay, I admit it, I think a day without cheese is a waste of time. That said, I have to confess I'm really impressed with this book and its wealth of vegan recipes which literally made my mouth water as I read through them. The range of cuisines is quite good, and while there are a lot of ingredients and techniques in common, the variety here is quite wonderful. The recipes are clear and concise, and nothing seems outrageously difficult or time-consuming. These are recipes you'll use. The only reason I didn't give this book five stars is because I really do like a few illustrations. It's nice occasionally to know what a dish is supposed to look like. Even if you're a meat-eater, give this one a shot; at the very least you'll find a raft of side dishes guaranteed to enhance any meal.

A lot of times people make vegan recipes that taste awful and that try to replace non-vegan dishes. Since trying to be vegan I have realized that it is easy to make good vegan dishes that taste good naturally and without having to do a lot of weird stuff (use ingredients that are impossible to find or to even know what they are). I lived in the Mediterranean for 9 months, and many of the recipes I see here remind me of the foods I ate there. I have already made the focaccia bread and it turned out fabulously, and I am already planning on making many of the other recipes soon. If you are vegan or trying to be vegan or trying to be more healthy, or if you just plain love Mediterranean food you will NOT be disappointed. I have eaten dairy almost all of my life, so switching to vegan has been a challenge. But when you eat this kind of food you won't even realize that anything is missing--because NOTHING IS MISSING. These recipes are the same ones meat-eaters and dairy-eaters eat every day in Europe.

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