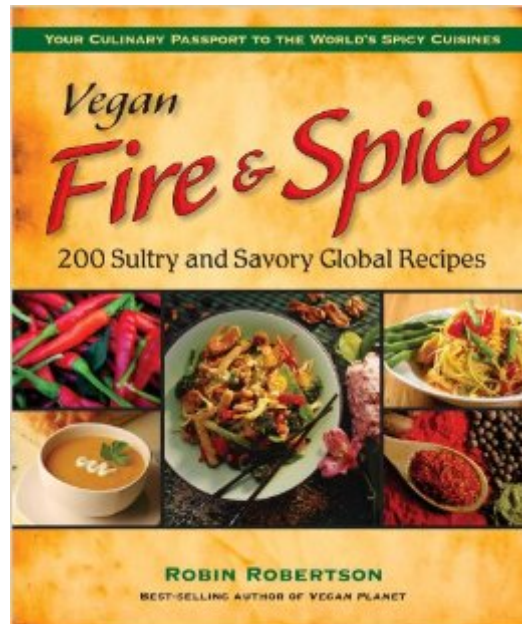


The book was found

Vegan Fire & Spice: 200 Sultry And Savory Global Recipes



Synopsis

This book is your culinary passport to the world's spicy cuisines. It lets you take a trip around the world with delicious, mouth-watering, meatless, dairy-free, and egg-free recipes, ranging from mildly spiced to nearly incendiary. Explore the spicy cuisines of the U.S., South America, Mexico, the Caribbean, Europe, Africa, the Middle East, India, and Asia with: Red-Hot White Bean Chili, Tunisian Couscous, Vindaloo Vegetables, Vegetable Tagine with Seitan, Szechuan Noodle Salad, Turkish Bulgur Pilaf, Jambalaya, Thai Coconut Soup, Penne Arrabbiata, Satays with Ginger Peanut Sauce, and many more. Organized by global regions, this book gives you 200 inventive and delicious 100% vegan recipes for traditional international dishes, using readily available ingredients. Best of all, you can adjust the heat yourself and enjoy these recipes hot - or not. (Note: This is a 100% vegan, revised and updated version of Robin's 1998, out-of-print vegetarian book, *Some Like It Hot*, and contains new recipes and important new content.)

Book Information

Paperback: 268 pages

Publisher: Vegan Heritage Press (January 2, 2008)

Language: English

ISBN-10: 0980013100

ISBN-13: 978-0980013108

Product Dimensions: 9 x 0.8 x 7.5 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (119 customer reviews)

Best Sellers Rank: #551,004 in Books (See Top 100 in Books) #79 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#) #150 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #228 in [Books > Cookbooks, Food & Wine > Regional & International > International](#)

Customer Reviews

I went vegan two months ago--something I never thought I could do. Giving up meat, I knew I could handle; but giving up cheese, cream and yogurt? Impossible. Still, what I had learned about the dairy industry compelled me to give it my best shot, so I immediately bought 3 vegan cookbooks to help me with the somewhat daunting task of eliminating animal products from my diet. And I must admit that, of the 3 cookbooks I bought, this is the one that has gotten the most use by far, even though it's the smallest of the three. Perhaps I am biased, because I love spicy food? I'm not sure.

What I do know is that the recipes in here are fabulous. I haven't tried all of them--far from it; I've only tried a handful--but those that I have made have been so delicious and easy to make that I keep making them over and over again before trying new ones, just because I know I love them. My very favorite is the Chickpea and Green Bean Curry, which I have made several times now for omnivorous friends who all love it and agree that there is nothing missing. But the Lentils in Onion Gravy (don't be fooled--it's an absolutely delicious Indian dal with amazing flavor; the name is deceptive) are right up there with the curry. The Moroccan Chickpea Soup was bursting with flavor. The Nigerian Peanut Stew is one of the most interesting (and heartiest) meals I've ever made. And there are so many others I can't wait to try...The only recipe so far that has disappointed me was, ironically, the very first one I tried, a Spicy Eggplant and Potato Stew with chickpeas. I don't know if I made it wrong, or if I just don't like that recipe much, but I was disappointed, and almost thought that I wasn't going to like the cookbook.

[Download to continue reading...](#)

Vegan Fire & Spice: 200 Sultry and Savory Global Recipes Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes)

The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan Mastery Cookbook: Simple Vietnamese Spring Roll Recipes to Cook at Home (International Vegan Cookbook Series, Vegan Spring Rolls, Vietnamese Spring ... Vegan Recipes, How to Make Spring Rolls) Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Fire Stick: The Ultimate Fire TV Stick User Guide - Start Using Fire TV Stick Like A Pro! (Streaming Devices, How To Use Fire Stick, Fire TV Stick User Guide)

[Dmca](#)