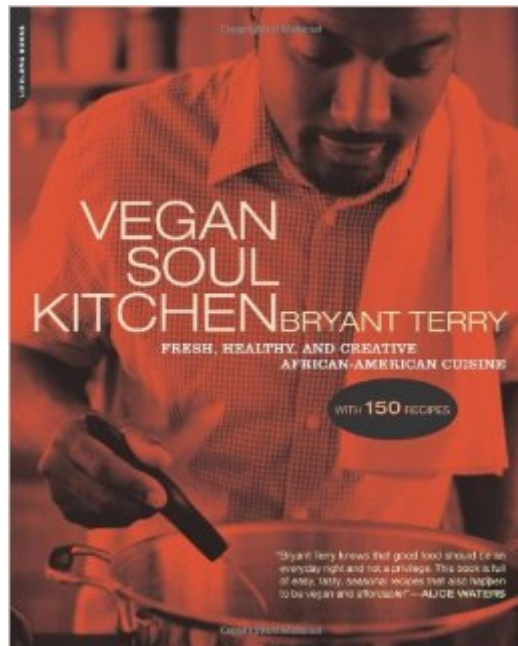


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Vegan Soul Kitchen: Fresh, Healthy, And Creative African-American Cuisine



Synopsis

The mere mention of soul food brings thoughts of greasy fare and clogged arteries. Bryant Terry offers recipes that leave out heavy salt and refined sugar, bad fats, and unhealthy cooking techniques, and leave in the down-home flavor. Vegan Soul Kitchen recipes use fresh, whole, high-quality, healthy ingredients and cooking methods with a focus on local, seasonal, sustainably raised food. Terry's new recipes have been conceived through the prism of the African Diaspora—cutting, pasting, reworking, and remixing African, Caribbean, African-American, Native American, and European staples, cooking techniques, and distinctive dishes to create something familiar, comforting, and deliciously unique. Reinterpreting popular dishes from African and Caribbean countries as well as his favorite childhood dishes, Terry reinvents African-American and Southern cuisine—capitalizing on the complex flavors of the tradition, without the animal products. Includes recipes for: Double Mustard Greens & Roasted Yam Soup; Cajun-Creole-Spiced Tempeh Pieces with Creamy Grits; Caramelized Grapefruit, Avocado, and Watercress Salad with Grapefruit Vinaigrette; and Sweet Cornmeal-Coconut Butter Drop Biscuits.

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Customer Reviews

I checked this book out from the library to see how I liked it before buying it. I've tried nine recipes, with mixed results. The first three recipes were great. I made a meal out of the collard greens, mashed potatoes with cumin and caramelized onions, and rosemary tofu cubes. They were all very straightforward, easy-to-follow recipes (in a world in which vegan cookbooks seem to be taking a turn toward the futzy). I especially liked the collard greens -- the raisins were a nice addition, but I'm

not sure the orange juice added anything. Nevertheless, it's my new favorite way to enjoy collard greens. The tofu was great, and really simple to make after the initial investment of dealing with fresh rosemary. The mashed potatoes were delicious (especially with the tofu), although next time I might try throwing a bunch of garlic in there. The next meal I made was quinoa cornbread and succotash soup. I made the cornbread with whole-wheat pastry flour instead of the expensive quinoa flour that was called for, and it came out nice, although I definitely prefer maple-sweetened cornbread as opposed to agave-sweetened. The recipe was adapted from the amaranth cornbread recipe in *The Voluptuous Vegan*, and the original recipe will remain my go-to cornbread recipe. However, I did like Terry's idea to include toasted quinoa in the batter, and I think my future cornbread will benefit from this addition as it's the first time I had an enjoyable experience eating quinoa. I made the succotash soup to go with the bread (instead of making the cornbread croutons that the soup recipe called for). It was delicious but next time I'll only puree half of it, as I like a chunkier texture to my soup.

I must stress first and foremost that if you are seeking vegan adaptations of 'Nawlins style po' boys or the 'healthy version' of those Memphis/Atlanta meats and fat-heavy southern sides 'yall used to wolf down at the summer family cook-outs, baby, you ain't gonna find it so just keep it movin'. But if you're open to recreate healthy, tasteful meals utilizing staple southern ingredients like watermelon, collard/mustard greens, sweet potatoes, okra, tomatoes and black eyed peas, and can get down with substitutes like agave nectar to satiate your jones for that inimitable southern sweetness that saturates everything from your lemonade to baked pies, well, come closer chil' 'cos 'Vegan Soul Kitchen' (VSK) got a lil' somethin' somethin' for that ass. The million-dollar question - why do I swear through-and-through that this should be a vegan cookbook for you? First and foremost, Mr. Terry possesses THE vital element that too many other vegan chef cook books lacks - a good palate. I may be biased considering he consistently utilizes several of my favorite spices/ingredients (cumin, paprika, thyme, garlic, tomatoes, citrus juices etc), but 9 out of 10 dishes I have tried from this book I have desired to re-create again, no mean feat for my uber-critical self. Secondly, despite the proclamations of several reviewers, I found Mr. Terry's recipes straight-forward and easy to follow whether you're a novice or seasoned in the kitchen. Thirdly, Bryant Terry is uninhibited in championing the joys of cooking with fresh seasonal produce and herbs, which coming from a family of Traditional Chinese Medicine practitioners who espouse seasonal eating, I respect. Another element I liked about Mr.

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