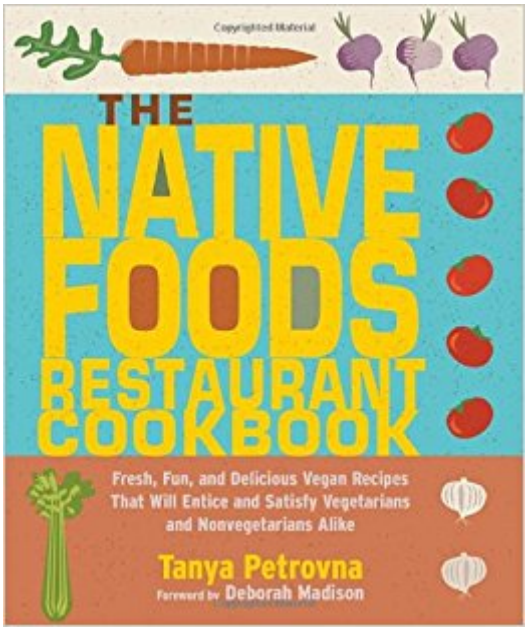
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The Native Foods Restaurant Cookbook: Fresh, Fun, And Delicious Vegan Recipes That Will Entice And Satisfy Vegetarians And Nonvegetarians Alike



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Synopsis

When people ask Tanya Petrovna, "Are you a strict vegetarian?" she replies, "No, I’m a fun vegetarian!" The visionary behind the Native Foods chain of restaurants, Tanya is known for creating cuisine that is nutritious, organic, compassionate, and delicious. And with signature dishes like her dairy-free cheesecake made from cashew nuts, she proves that healthy, animal-friendly eating can be indulgent and fun. Now, with this book, Tanya’s best recipes can be made at home, including: "Fun Mung Curry," "Seitan OlÃƒÂ© Mole," and "Rockin’ Moroccan Skewers." Plus, there are plenty of outrageous desserts such as "Elephant Chocolate Cake with Cinnamon Peanut Butter Topping," "Sam’s Vegan Cheesecake," and "Chocolate French Silk Lingerie Pie." The Native Foods Restaurant Cookbook also contains glossaries of ingredients, utensils, and cooking methods and instructions for making your own seitan from scratch.

Book Information

Paperback: 256 pages

Publisher: Shambhala (November 4, 2003)

Language: English

ISBN-10: 1590300769

ISBN-13: 978-1590300763

Product Dimensions: 7.5 x 0.8 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 59 customer reviews

Best Sellers Rank: #63,366 in Books (See Top 100 in Books) #25 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > California #100 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #152 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

"The recipes are wonderful. Each one has a twistÃ¢â ¬â •a surprising ingredient or presentation that lifts it out of the ordinary. . . . If you want to share your vegan enthusiasm with the rest of the world, this cookbook belongs on your shelf."Ã¢â ¬â •Veg News "What I especially appreciate here is the lavish use of a very rare ingredient: joy. It’s expressed in the goofy sense of humor, the energy, and the apparently limitless enthusiasm that accompanies Tanya in her mission to get everyone to eat well without eating a bite of anything to do with animals."Ã¢â ¬â •from the foreword by Deborah Madison, author of Vegetarian Cooking for Everyone and Local Flavors "Tanya’s

broad range of recipes have panache and soul, yet they are remarkably simple. Anyone who is looking to improve their diet and/or the planet will find her cookbook indispensable."Ã¢â ¬â •Didi Emmons, author of Vegetarian Planet and Entertaining for a Veggie Planet

When people ask Tanya Petrovna, "Are you a strict vegetarian?" she replies: "no, I'm a fun vegetarian!" As head chef of the popular Native Foods chain of restaurants in Southern California, Tanya treats her customers to a vegan cuisine that is so tasty, satisfying, and hearty that it draws praise from nonvegetarians and vegetarians alike. Tanya is known for creating delicious and satisfying meat substitutes from soy and wheat products such as tofu, tempeh, and seitan. And with signature dishes like her dairy-free cheesecake made from cashew nuts, she proves that healthy, animal-friendly eating can be indulgent and fun.Now, with this book, Tanya's best recipes can be made at home, including: "Fun Mung Curry," "Seitan Ole Mole," and "Rockin' Moroccan Skewers." Plus, there are plenty of outrageous desserts such as "Elephant Chocolate Cake with Cinnamon Peanut Butter Topping," "Sam's Vegan Cheesecake," and "Chocolate French Silk Lingerie Pie.""The Native Foods Restaurant Cookbook also features instructions on basic cooking methods, helpful definitions, nutritional information, and a simple kitchen pantry setup.

This is a terrific cookbook, full of creative recipes and ideas for putting together meals that are as delicious to eat as they are beautiful to look at. I don't happen to be vegan or vegetarian but my daughter is. The sauces and recipes in this book are infinitely adaptable for vegetarians, vegans, and meat-eaters, alike. I've run across a recipe or two that didn't turn out quite as I'd like but there's so much to love about this book I simply make notes and tweak the recipe if I need to. I recommend it for cooks of all levels. I've cooked for a number of years and this book added the creativity and spice I needed to wake up my tastebuds and enjoy cooking new recipes. My family loves eating at Native Foods when we're in Palm Springs You can't go wrong with this book.

If you've never eaten at this restaurant, you're missing out. Obviously, one book cannot contain all the recipes that the restaurant has but this will definitely give any person (vegan or otherwise) a delightful array of recipes that are doable for the average person (unlike other restaurant cook books) This is wonderful for ideas, sauces, dressings, etc. A staple in my kitchen.

I own a broad and varied range of cookbooks, but this one absolutely rates as my #1 Five-Star favorite.You may not think of a cookbook as being a 'good read', but I thoroughly enjoyed reading

this one front to back. The author, Tanya Petrovna, writes with an engaging style that is truly gracious and respectful toward the subject of healthful cookery, while also imparting a charming wit and humor throughout.Her recipes are, in my opinion, fan(that's me)tastic. Seriously great! They are presented with simplicity and are easy to read, while her anecdotes are neatly placed off to the side where they won't interfere or distract you while cooking.My advice is - Buy it, You'll like it.

I love Native Foods CafÃƒÂ© and was really excited to get this book. While there are a lot of great recipes, it doesn't include very many of the menu items at the cafÃƒÂ©. You do get the recipe for seitan and native cheese, which are both great. There are a lot of good sauces in here as well.

This book is wonderful and the recipes are out of this world! Even my friends are getting into the swing of trying what I have been making. With just a few simple ingredients and a few minutes you can enjoy a tasty meal or snack. Ingredients are very easy to find at your local market too.

Like to forage and use unique ingredients in your cooking. This is book will teach you how.

Some pretty good recipes, though the seitan recipe is easier in the next cookbook.

I live far away from any Native Foods restaurant, but go there whenever visiting friends in Boulder and I was really excited to find this cookbook. The recipes are delicious and easy to use.

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