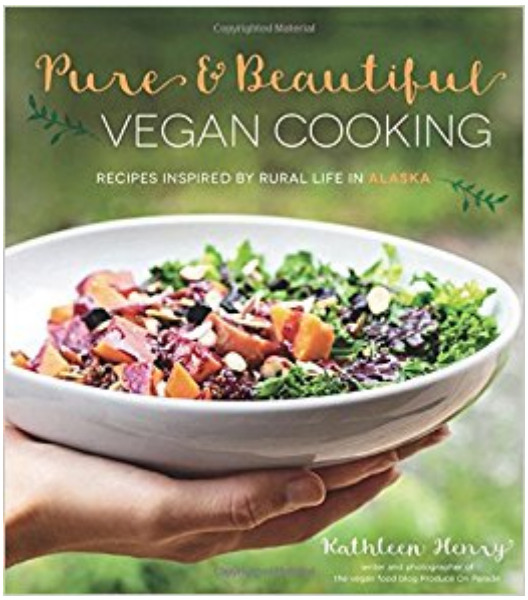
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Pure & Beautiful Vegan Cooking: Recipes Inspired By Rural Life In Alaska



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Synopsis

Fresh, Delicious Recipes from an Alaskan Vegan KitchenPure & Beautiful Vegan Cooking is a cookbook that speaks to your heart and soul, helping you to connect with others, the earth and yourself as you prepare beautiful, wholesome meals. Kathleen HenryÃ¢â ¬â„¢s cooking is inspired by the pure and nourishing abundance of rural Alaska, where she was born and raised. The result is an incredible collection of 80 recipes that highlight plant-based, whole-food and seasonal ingredients, so you can be kind to your health and the environment. The recipes are versatile to any occasionÃ¢â ¬â ¢whether itÃ¢â ¬â„¢s a quick weeknight dinner, a large gathering with friends or a quiet morning on your ownÃ¢â ¬â ¢and theyÃ¢â ¬â„¢re so delicious youÃ¢â ¬â„¢ll come back to them again and again. Inside youÃ¢â ¬â„¢ll find recipes like:- Caramel Banana-Oat Pancakes- Creamy Rosemary Chickpea Pasta- Baked Sage Risotto with Mushrooms & Chard- Vegetable Chowder with Arugula- Sweet Potato Beet Burgers- Walnut-Chickpea Tacos with Chipotle Aioli- Chai-Spiced Ginger Muffins- Wild Blueberry, Rhubarb & Hazelnut CrispWhether youÃ¢â ¬â„¢re a vegan, vegetarian or omnivore, the down-to-earth recipes and stunning photography in Pure & Beautiful Vegan Cooking will help you eat well and lead a compassionate, healthy life.

Book Information

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Customer Reviews

Ã¢â ¬Å“Pure & Beautiful Vegan Cooking is a visceral story and guide for anyone wanting to get excited about food, anyone looking to feel better and any of us who are trying find magic in the little things in life (like blueberry crisp)!Ã¢â ¬Â•Ã¢â ¬â ¢Emily von Euw, creator of the food blog This Rawsome Vegan Life and bestselling author of Rawsome Vegan BakingÃ¢â ¬Å“Katie makes it so

easy for anybody living anywhere to enjoy being vegan. Her spectacular recipes taste like gourmet creations, but are simple, accessible and affordable enough to whip up every day. You canÃ¢â ¬â„¢t beat that!Ã¢â ¬Â• Ã¢â ¬â ¢Tess Masters, author of The Blender GirlÃ¢â ¬Å“I love KatieÃ¢â ¬â„¢s approach to an abundant vegan lifestyle. ThereÃ¢â ¬â„¢s an effortless elegance and meaningful connection to the source thatÃ¢â ¬â„¢s ever-present in her recipes.Ã¢â ¬Â•Ã¢â ¬â ¢Laura Wright, owner of the award-winning food blog The First Mess

Kathleen Henry is the founder, writer and photographer of the vegan food and lifestyle blog Produce On Parade. Her recipes have been featured on the websites of Self magazine, The Kitchn, PopSugar, One Green Planet, Bembu, Fox News and more. She and her husband live in Wasilla, Alaska.

I bought the kindle version of this book because I was curious about what a vegan or a person eating a plant based diet in Alaska eats. The cover photo also really grabbed my attention.I love tacos so I went straight to the Walnut Chickpea Tacos with Chipotle Aioli. The Aioli has a nice kick to it. I donÃƒÂ¢Ã â ¬Ã â„¢t eat a lot of mayonnaise, but the Aioli sounded interesting and I am glad I made it. I also made the Fragrant Spanish Rice. The Walnut Chick Pea Taco filling is so easy to make and tastes so good. It is a really nice change from my usual taco recipes. The Fragrant Spanish Rice turned out great. I made the rice on the stove because I do not own a rice cooker.The Walnut Chickpea Taco filling and Fragrant Spanish Rice combined with some Kale, Cherry Tomatoes, and an Avocado made also made a great taco bowl salad. I used a little of the Aioli as a dressing. I will definitely be adding both dishes to my food rotation.For the second week of cooking from this book, I made the Forest Bowl with the Blueberry Balsamic Vinaigrette. The Vinaigrette is oil free which is very nice. The combination of the ingredients is perfect and the bowl is aptly named.I own many cookbooks and some of them have a distinct personality. I am still discovering this book, but so far, this book is like putting on your favorite shirt right out of the dryer or off the clothesline. The photos are very inspiring and the introduction is lovely. I am really looking forward to cooking from this book some more. This book works for my busy life and I would recommend it to anyone.

I give this 5 stars because I definitely recommend it, but I have 3 little criticisms: some recipes call for vegan sausage or other vegan products (I prefer to cook from plants not from products), some recipes call for you to microwave and don’t offer a stove top alternative for those of us without a

microwave, and lastly the narrative is almost preachy in the way it talks about eating plants to save animal lives. Overall really good recipes and photos, worth the price!

Love this cookbook. I also loved reading the story that the change to plant-base was due to her husbands arthritis. I've already made the chowder and one of the soba noodle dishes. Both were delicious. I'm enjoying it so much I ordered my daughter a copy! :)

One of the nicest cookbooks I have ever seen. I've tried several of the recipes and they are all delicious! Highly recommended!

A super and super delicious selection of Vegan recipes. Kathleen Henry is an artist with food. Love her writing and commitment to vegetables!

Beautiful photography and a down to earth writing style makes this cookbook an inspiration to vegan and non-vegan cooks alike!

Wonderful new menu ideas. Bought a copy for my daughter and one for myself.

purchased as gift daughter-in-law loved it

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