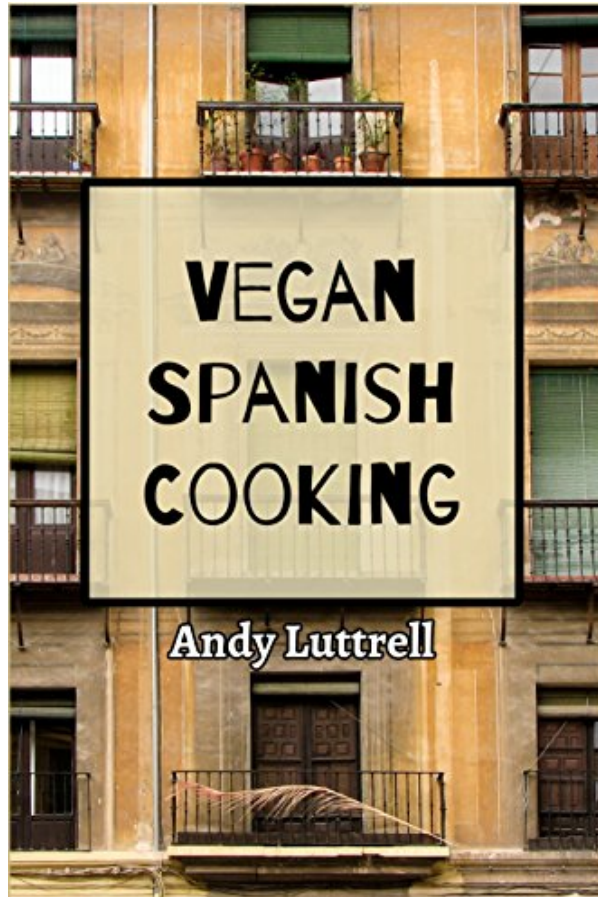
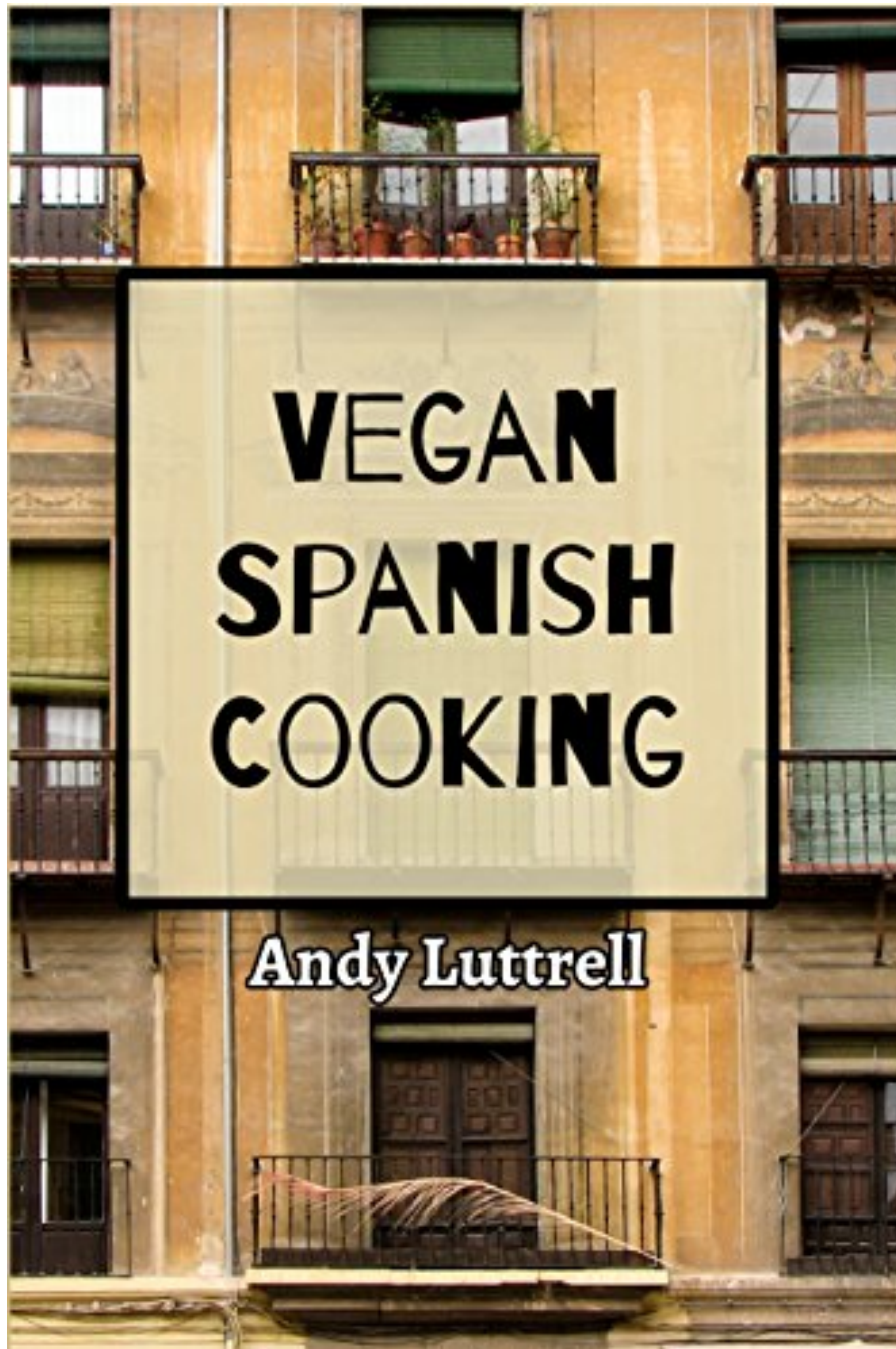


VEGAN SPANISH COOKING BY ANDY LUTTRELL



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From the Back Cover

You might already make gazpacho and vegan paella, but there's way more to Spanish food than that! Spain's celebration of vegetables makes it a perfect cuisine to adapt to the vegan lifestyle. Soups, sauces, tapas, and complete dinners are included in this book full of vegan Spanish recipes. Plus: bonus information about Spanish food culture and ingredients. From Madrid to Barcelona, Granada to the Canary Islands, and everywhere in between, Vegan Spanish Cooking shows you delicious vegan preparations of Spain's revered gastronomic staples.

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VEGAN SPANISH COOKING BY ANDY LUTTRELL PDF

Spanish food is in a category all its own, but with its liberal use of meat, eggs, and dairy, it hasn't made a splash in many vegan diets...until now.

Although gazpacho and paella are often featured in vegan cookbooks, Spain has way more to offer in the food department. Vegan Spanish Cooking offers more than 40 totally vegan recipes for classic dishes from around Spain.

The book is broken into five sections:

Soups and Stews: Spanish food features a ton of great soups and stews ranging from cold and refreshing gazpacho to warm, comforting spinach and garbanzo stew. Recipes include the unique chilled salmorejo and Spanish versions of lentil stew, white bean soup, and more!

Sauces: Learn a collection of powerhouse Spanish sauces including bravas sauce, mojo picon, and romesco.

Faux Meats: Spanish food leans heavily on its unique meats and sausages, but this section includes vegan versions of Spanish chorizo, morcilla, and albóndigas.

Tapas: Everyone associates Spain with tapas, and you'll be able to throw a huge vegan tapas bash with this section's recipes, which feature patatas bravas, tortilla de patatas (an "egg" and potato omelet), eggplant rolls, and Spanish potato salad.

For Dinner: For full Spanish meals, look no further than the paella, cocido (winter stew), stuffed eggplants, and more in this section.

Throughout the book, you'll also learn about Spanish culture and the origins of some of its finest ingredients.

These recipes are simple, satisfying, and totally vegan. So embrace the vibrant cuisine from Spain, tailored to a vegan lifestyle with Vegan Spanish Cooking.

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0 of 0 people found the following review helpful.

Great recipes *and* fun writing in a cookbook? No brainer.

By LukeHinsy

I've made 4 recipes from this now, and they've all been great. The recipes vary in difficulty, from super basic to pretty impressive.

The bravas sauce has become a new staple in my home, and after bringing patatas bravas to my big family holiday party, it sounds like it'll be my recurring dish at family events, as well. I also have to comment on the recipe for stuffed tomatoes, because I'm generally not a huge fan of olives (a main ingredient in the recipe). However, walking through the grocery store, I spotted the olives on heavy discount and knew I had a surplus of tomatoes at home, so I gave it a shot. The dish was spectacular.

Highly recommended, for vegans and non-vegans.

Speaking of which, it should be pointed out that the author in now way gives off the aura of pretentiousness that can be attached to veganism. This isn't a book that will be scoffed at by non-vegans perusing it, and the recipes don't consist of dramatic substitutions, deviating from the original dishes. They're largely just dishes that were already vegan or *easily* made to be so.

0 of 1 people found the following review helpful.

I'm not a vegan, but I found this book ...

By Shirley

I'm not a vegan, but I found this book to have some interesting ideas for appetizers and main dishes to use on "Meatless Mondays". I'm not real familiar with Spanish food either so it gives me an opportunity to try something new. I already tried the recipes for Carrots in vinegar dressing and the Gazpacho and they were both very tasty.

0 of 1 people found the following review helpful.

but a friend recommended me this book

By Jacob Teeny

Oh my goodness. I am very far from being a vegan, but a friend recommended me this book, and I have fallen in love with it! All the recipes are so delicious! If nothing else, you have to make the bravas sauce. I determine my meals by what I can pour it on

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