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Book Review: 350 Best Vegan Recipes by Deb Roussou

By Irene Watson, BLOGCRITICS.ORG
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In a time when more and more people are opting to eat vegan meals to cut out an over-excessive amount of animal proteins ingested, *350 Best Vegan Recipes* by Deb Roussou comes to us in a timely manner. I was pleased to see this book come in for review because, we also, have cut back on animal proteins and are always looking for dishes that are tasty and easy to make, yet fill the required amount protein.



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For the purpose of the review, we are asked to test three recipes. The first recipe I tested was "Spelt-Stuffed Eggplant with Indian Spices." When using spelt it's important to remember the berries do need to be

soaked and that cooking time is usually an hour and half or so. You might want to prepare the berries the day before making this dish. The eggplant filling was full of flavor drawing from onion, gingerroot, turmeric, cumin, hot pepper flakes and chopped tomatoes. The combination certainly did have the India flare to it. The dish was filling and provided a pleasant fullness when eaten.

The second recipe I tested was "Crispy Tempeh Pita with Creamy Tahini Dressing." The marinade of tamari, ginger, mustard, sesame oil and garlic gave the tempeh a pleasant Mediterranean undertone. When placed in a warm pita with tahini dressing, shredded Napa cabbage, red bell pepper and avocado, the end result was splendid. Served with a glass of mint iced tea, this summer dish was easy to make, provided a great meal, and was filling enough not to want anything else.

The third recipe I tested was "Coconut Panna Cotta with Mango Ginger Sauce." The panna cotta was made from coconut milk, agar powder, vanilla and extra-firm silken tofu. The recipe called

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for natural cane sugar but I substituted with agave nectar. The sauce was made from mango, agave nectar, lime juice and zest and grated fresh gingerroot. Oh my, was the panna cotta good! The only panna cotta I've had before was vanilla flavored but now this has become my favorite. Awesome!

If you are looking for vegan recipes because you want to add more to your diet, or if you are already vegan, I know you'll find the collection in *350 Best Vegan Recipes* by Deb Roussou a pleasant addition. If you are planning to switch to being vegan, I truly suggest *350 Best Vegan Recipes* to start with; they are simple to make and give a great array of transitional recipes. Recommended!

(Reviewed by Irene Watson for Reader)

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