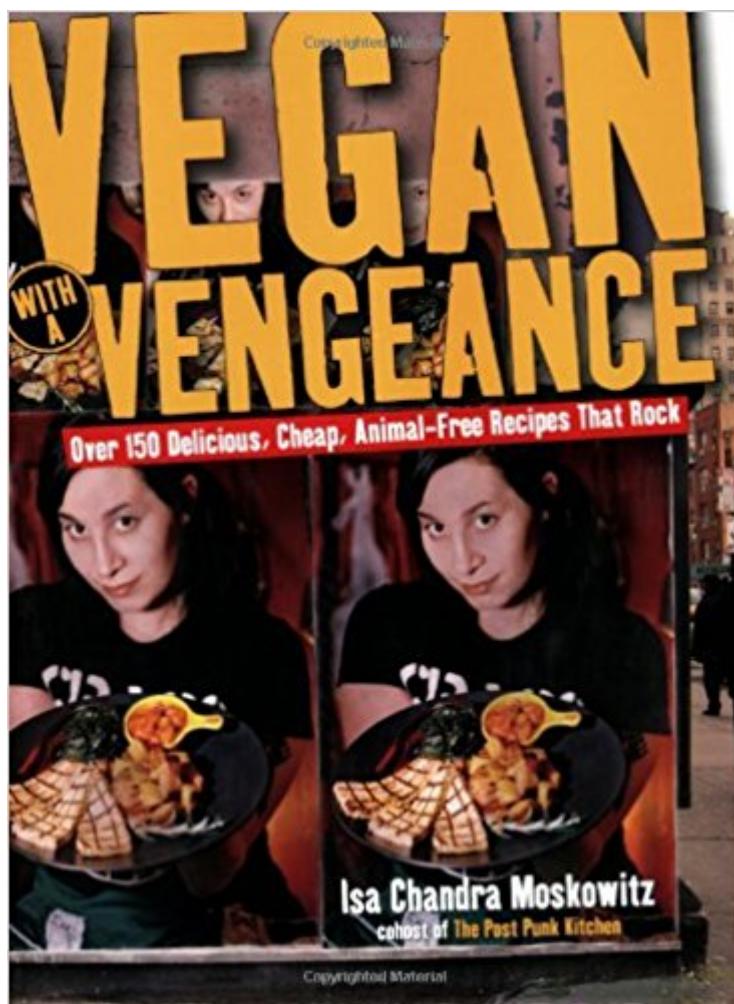


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# Vegan With A Vengeance : Over 150 Delicious, Cheap, Animal-Free Recipes That Rock



## **Synopsis**

In *Vegan with a Vengeance*, Isa Chandra Moskowitz, host of the community access vegan cooking show *The Post Punk Kitchen*, brings the do-it-yourself, community-driven ethos of punk rock into the kitchen. Her cooking philosophy embraces being kind to animals (all recipes are completely animal-product free) and your wallet; while being creative and having fun in the process. She emphasizes staying clear of corporate brand-name foods, and says that cooking should be an innovative, experimental, and completely real experience. This one-of-a-kind cookbook offers 125 recipes for all meals of the day, from stuffed mushrooms to tofu pizza, gingerbread cupcakes to pasta with "alfreda sauce," and is full of tips and tricks on how to keep your diet vegan, inexpensive, and liberated.

## **Book Information**

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## **Customer Reviews**

To appreciate this quirky vegan cookbook, readers must welcome the author's offhand, rambling style. A chatty Brooklynite who hosts her own public access cooking show, she scatters stories about her mother, her friends and her politics among recipes for goodies like Fresh Corn Fritters and Curried Split Pea Soup. In one anecdote, she writes that her mother liked the scones from "one of those overpriced French cafes in Union Square," prompting the author to create Glazed Orange scones in her mother's honor, and the sweet, rich result rivals the average "overpriced cafÃ©" model. BBQ Pomegranate Tofu is actually baked, not barbecued, but still the tofu is rich and smoky, terrific over rice or packed into heroes. Even better, the vegan iterations of Spanakopita and

Seitan-Portobello Stroganoff so closely approximate the traditional versions that even the pickiest eaters would happily trade one for the other. And although there's no chicken broth in Matzoh Ball Soup, the vegetable stock is hearty enough to cure the fiercest cold. Best of all, and rare in a vegan cookbook, the author provides several appealing dairy-free desserts that are tasty enough to fool most omnivores, yet unique enough to thrill any vegan who just can't face another tofu ice cream bar. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Named a “Top Ten Vegan Cookbook” by *VegNews*, July/August 2010 — Portland Oregonian’s FOODday blog, 2/3/10 — “Fun sounding.” — GirlGetStrong.com, 4/30/10 — “Written by a quirky and edgy Brooklyn born and raised vegan, Isa Moskowitz” — Moskowitz gets rave reviews for her innovative and yummy recipes and her entertaining and upbeat dialogue. — “The voice of the new veggie generation” — “[Isa Moskowitz is] a chatty Brooklynite with a gift for bold international flavors.” — “A quirky cookbook that extols the virtues of liberated living and helps you create vegan versions of traditional recipes.” — Jackson Free Press, 4/11 — “Moskowitz takes familiar recipes and gives them a delicious and innovative twist that the whole family can appreciate.”

*Vegan with a Vengeance* is strong and in your face, it's punk-rock and animal advocacy wrapped up in a neat parcel served with delicious vegan fare. I love the tone of this book, I love the atmosphere of it, I love Isa's voice. Her writing style is witty, hilarious, and extremely engaging. I love her stories, her personal anecdotes, and her pop-culture references, and staunch liberalism. For some this may be a turn-off, but not for me. I love bold, and I love in your face, and I love people who are not afraid to be who they are, and just do something different. This book feels authentic, Isa is authentic, she's not trying to be a celebrity chef, she's not trying to get onto the food-network, she's just her, take it or leave it, and that's what's so endearing about her and this book. Unfortunately I do not use this book as much as I would like to, and that has nothing to do with the recipes because the recipes I've made thus far have been stellar. My problem is the layout of the book, I just don't like it. This is not Isa's fault but her publisher. I just don't like the way it looks, I don't like the way it's organized, I don't like the font style, and I hate the lack of pictures. The middle section of the book has a few pages of color photos that I don't think are particularly well done, they aren't well lit and do not do the food justice. Again these are the publisher's mistakes not Isa's, I feel like if they'd re-issue the book with a better layout and nice pictures it would be so much better. Other points that may be of concern for

some is that there is no nutritional information given for the recipes. Also this is not a diet or health cook book, so items such as white flour, sugar and oil are used. If that's a concern for you then I suggest you find a health food book some place else. If however you're interested in making innovative, and creative yet comforting vegan fare that doesn't use a lot of 'out-there' ingredients then this is for you. I am personally turned off when vegan cook books rely heavily on processed vegan meats, cheeses and other such products. The thing that stands out about this book - and all of Isa's books - is that she typically sticks to vegan protein sources like beans, tofu, tempeh, and seitan. Very rarely do her recipes call for any vegan 'meat' products and when she calls for vegan sausage she often provides a recipe for a home-made seitan sausage that you could use. The same goes for cheese, she rarely calls for processed store-bought vegan cheese and finds other ways to make her food cheesy in a much healthier and more economical way. I love that. I also love that most of the recipes are simple, not too involved, do not include too many ingredients and have relatively short cooking times. All of these things help to make cooking vegan on a time and money budget more feasible, and I think she offers great variety in her recipes. Overall I think this is a gem of a book, the layout and the execution may be poor in my opinion but the excellent recipes make up for that. It's obvious that Isa took a lot of time and care in crafting these recipes because it shows, and for that I'm grateful. There's nothing better than owning a cook book by someone who's truly passionate about cooking. So of the recipes I've made this is what I thought.

Tempeh and White Bean Sausage Patties - Loved it

Tempeh Sausage Crumbles - Loved it - a 'go-to' recipe for me

Tempeh Bacon - Loved it

Baking Powder Biscuits and White Bean Tempeh Sausage Gravy - Loved it, a 'go-to' recipe

Coconut Pancakes with Pineapple Sauce - pretty good

Ginger Pear Waffles - Loved it

Oatmeal Banana Raisin Waffles - Loved it

Lemon Corn Waffles with Blueberry Sauce - Loved it

Pumpkin Waffles - Loved it

Lemon Poppy Seed Muffins - Loved it

The Best Pumpkin Muffins - Loved it

Fresh Mango Summer Rolls - Loved it

Spanakopita - Loved it

Falafel - Loved it

Curried Tempeh Mango Salad Sandwiches - Loved it

Tempeh Ruben - Loved it

Tempeh Lettuce and Tomato - Loved it

Tofu Dill Salad Sandwiches - Loved it

Mashed Potatoes with Punk Rock Chickpea Gravy - Loved it

Garlicky Kale with Tahini Dressing - Loved it

Roasted Brussels Sprouts with Toasted Garlic - Loved it

Pizza Dough a Novel - Love it

Isa Pizza - Loved it - a definite favorite pizza

Classic Pesto - Love it

Basil-Tofu Ricotta - Love it

Potato and Tempeh Sausage Pizza - Love it

BBQ Pomegranate Tofu - Love it

Jerk Seitan - Love it

Seitan Portobello Stroganoff - Love it, a definite favorite.

Stroganoff is hands down my husbands favorite dish, and I've made many a vegan stroganoff in my time but this is by far his favorite.

Cold Udon Noodles with Peanut Sauce and Seitan - Loved it

Banana Split Pudding Brownies - Loved it

Raspberry Blackout Cake - Loved it

Fauxstess Cupcakes

- Loved it Sweet Potato Pie with Three Nut Topping - Loved it Gingerbread Apple Pie - Loved it Peach Cobbler - Loved it! While this is not my favorite of Isa's cookbooks, I think it makes a great addition to any collection. I wouldn't hesitate to recommend it to a friend or family member, novice or veteran I think it has something to offer any vegan or even a curious omnivore.

"Vegan with a Vengeance" was the first cookbook I bought once I started thinking about going vegan, so it is near & dear to my heart. It's become one of my go-to cookbooks, and I think I have made more recipes from this book than from any other that I own (and I own A LOT)! The baked goods are the absolute best, and so many of the savory dishes are amazing, as well. Isa is funny, opinionated, and smart as can be, and this cookbook really shows off her personality & sense of humor. It really is a very charming book, and I actually love to read it while lying in bed at night. I will say that I understand how this book would be a little intimidating for beginners, and it's not for the unadventurous. However, if you're open to cooking & eating vegan food, I think you should be open to trying dishes you might normally not. It has always paid off for me, either in the way of a learning experience - or (more commonly) in the end result of a delicious meal! Sure, some of the ingredients are things you wouldn't have used prior to going vegan, but cooking should be an ever-evolving process, and Isa Chandra Moskowitz's books have taught me SO much about food & cooking techniques. "Vegan with a Vengeance" also has great sections on stocking the vegan pantry, and good kitchen tools to own. I personally like reviews that list out which specific recipes did & did not work for the reviewer, so I will share my experiences with "VwaV" here.

**THE GOOD:**

- Herb-Roasted Potatoes - Simple & delicious.
- Pancakes - Perfect pancakes that are just as good as, if not better than, non-vegan pancakes.
- Banana-Pecan Pancakes - My favorite pancake recipe! They're truly amazing!
- Lemon Corn Waffles with Blueberry Sauce - Nice "fancy" pancake recipe that is still really simple & easy to make.
- Pumpkin Waffles - Perfect for Fall! LOVE these.
- Carrot-Raisin Muffins - Healthy & delicious.
- The Best Pumpkin Muffins - These really are the BEST! The recipe calls for the perfect amount of spice, and I love that it calls for allspice, cloves, and ginger, which are spices that are surprisingly often overlooked in spice cakes.
- Apple Pie-Crumb Cake Muffins - SO GOOD. Great flavor, and perfect crumb topping.
- Corn Chowder - GREAT soup! Perfectly sweet & spicy.
- TLT (Tempeh, Lettuce, and Tomato) - Love the addition of hummus to the sandwich, but I do like other tempeh bacon recipes better (as noted below).
- Tofu Dill Salad Sammiches - Though I loathe the word "sammich," this SANDWICH is quite tasty, healthy, and filling. :)
- Punk Rock Chickpea Gravy - Stop what you're doing & MAKE THIS. The only thing I change is to reduce the lemon juice to just a splash, but other than that, it is AWESOME. I served it at Thanksgiving last year, and it was a huge

hit. Really healthy, as far as gravies go, as well.-Sauteed Green Beans with Mushrooms - Delicious, healthy sidedish.-Pizza Dough - Perfect dough, every time!-Isa Pizza - Creative, delicious pizza. Just my style!-Basil-Tofu Ricotta - While I don't love this quite as much as the Cashew Ricotta from "Veganomicon," this is a great recipe to put into sandwiches, on top of pizza, and to serve with crackers.-Pumpkin Seed-Crusted Tofu with Baked Pumpkin & Cranberry Relish - As you can tell from the title, it's quite labor-intensive, but worth the effort! I didn't bake my own pumpkin, so I used storebought pumpkin seeds, and it was still great!-Seitan - My go-to seitan recipe. Perfect, perfect, perfect (except I omit the lemon zest).-Brooklyn Pad Thai - As Isa herself says (and as the title implies), this is not an authentic recipe - but it's incredible nonetheless. Relatively simple steps, with easy-to-find ingredients. Yum!-Raspberry Blackout Cake with Ganache-y Frosting - Simply AMAZING. Such a ridiculously easy cake to make, yet it ALWAYS impresses people. This is my boyfriend's all-time favorite cake, and it is right up there on my list, as well. No one will believe this is vegan! Really, this is the cake I make to show people that vegan cooking & baking is delicious. Very pretty, too.THE DECENT:-Scrambled Tofu - I have tried other recipes that I like much more, but this is a solid, decent scrambled tofu.-Breakfast Veggie Chorizo - Nothing super impressive (omnivores I have shared it with didn't like it).-Tempeh Bacon - I have perfected a recipe of my own that I like much better, but again, this is a solid recipe that will likely be enjoyed by beginner cooks.-French Toast - I don't know about this one. Everyone seems to love this recipe, but I have tried much better vegan French toast, and I didn't think this was anything too special.-Scones - The flavors in the scone recipes are great (Plain, Hazelnut & Glazed Orange), but I prefer scone recipes that call for vegetable shortening instead of oil, as I think that creates a flakier scone.-Cherry-Almond Muffins - Good, but nothing amazing.-Coconut Rice with Toasted Coconut - Okay rice recipe, but a little sweet for my liking (I think maybe it's the cinnamon stick, which I don't care for in savory recipes).-Toasted Brussels Sprouts with Toasted Garlic - These are alright, but a little dry & not my favorite way to prepare Brussels sprouts.-Classic Pesto - Too much oil for my tastes.-Seitan-Portobello Stroganoff - A lot of work for just "okay" results. Also pretty expensive, and not worth the effort or money, unfortunately.THE BAD:-Lemon-Poppy Seed Muffins - Very bland & dry for some reason. (I have heard that Isa has a much-improved LPS Muffin recipe in her new book, "Vegan Brunch," though I haven't tried it yet.)-Fettuccine Alfredo - Did not care for this AT ALL. It tasted sour for some reason, and was nothing like traditional Alfredo. Tasting different isn't always a negative thing, but in this case, I don't think it's a good substitute for the Alfredo we all remember. As you can see, most of the recipes in "Vegan with a Vengeance" are fabulous, and I especially love that they are versatile & can be tweaked to suit your tastes. Don't like white flour?

Substitute whole wheat pastry flour. Prefer to use less oil? Use water for sauteeing, or unsweetened applesauce for some of the oil in baked goods! I do this all the time, almost always with great results. Something else I really love & appreciate about this book (and all of Isa's) is that the recipes only call for fresh, healthy, WHOLE foods. I don't believe there is even ONE recipe that calls for "processed isolated soy protein" hotdogs or any other storebought faux meats. It's all healthy, plant-based, natural foods in this book!"Vegan with a Vengeance" is a great addition to any kitchen. It's creative, inspirational, and has both healthy & decadent recipes that will please everyone!

VWAV Review - October 10, 2008 There are over 150 recipes in this book - so I didn't want to leave a review until I had tried a substantial amount of them. Of the recipes I've tried I liked all but one. I think that's pretty good for a cook book! And I've tried a lot - I purchased this book in August it's been 2 months and I've tried twenty recipes so far. The only one I did not like was the Crispy Peanut Butter Cookies on page 200. It sucked big time - too crispy - so much that they fell apart. The taste wasn't that good either. But I have written many more positive reviews for each recipe on my personal blog - and I'm quite impressed with this book overall. I love it, in fact! I've tried recipes from all of the categories in the book - but my favorite recipes come from the Dessert and Muffins and Scone sections. If they were to do a second edition of this book - my only recommendation would be to add the Celcius cooking amount in recipes because it's annoying to have to look that up all the time. I can say that I really like the way the book is set up - with the Contents in the front listing all of the recipes and where to find them... and also an Index in the back. That is helpful because when you really like a recipe - it makes it easier to find it. And I also liked that just about any ingredient can be found in any grocery store - b/c I've seen other cookbooks in the Vegan category that list very certain name brand items - and that's okay if you live in Greater Seattle or something - but over in other countries it can be hell to find something even similar. So I give great praise for this book - I recommend it over Dreena Burtons books for many of the reasons stated above. Thanks Isa for such a great book.

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