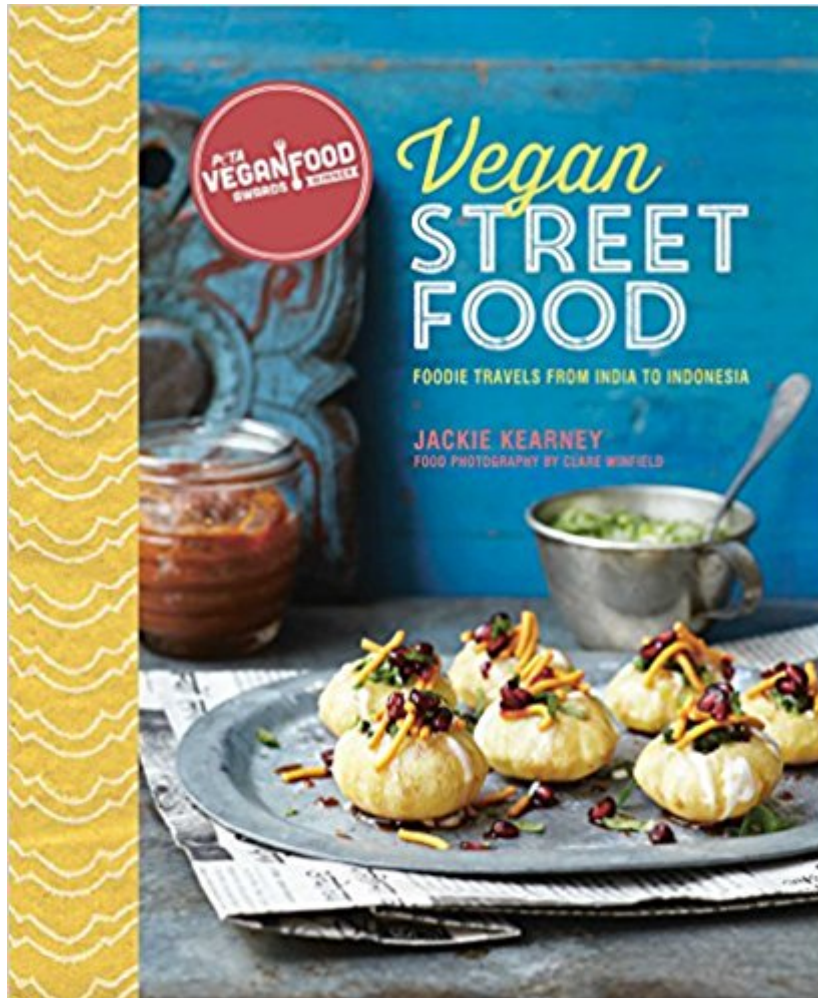




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Vegan Street Food: Foodie Travels From India To Indonesia



Synopsis

Winner of the Best Book Award in the PETA Vegan Food Awards 2016. Jackie and her family ate their way around Asia, sampling streetfood and jotting menu ideas on the back of napkins. Inspired by the food cultures she embraced on her travels, Jackie has brought new life to healthy, meat- and dairy-free food, inspired by the sheer quantity of vegan food on offer in Asia. Dotted with personal anecdotes from her travels, family photos and fascinating local information, Jackie takes us from India to Indonesia on a journey of tastes and textures, via Sri Lanka, Thailand, Vietnam, Laos and Malaysia. Recipes includes classic dishes that we might be already familiar with, such as Simple Sri Lankan Dal or Cauliflower and Kale Pakora, as well as regional specialties such as Oothapam (vegetable crumpets from South India) or Tahu Campur (Javanese fried tofu with cassava cakes). Street food is a central part of life in Asia. It brings families and communities together from breakfast to dinner, through all the scrumptious snacks along the way. With this book, you can bring this inspirational approach to feeding your family into your own kitchen, whipping up flavorful and wholesome bites. Celebrate vegan food in all its glory, without compromising on flavor or protein, or trying to make substitutions for meat or fish. That is the beauty of this collection of Asian streetfood – it is simply delicious, and it just so happens to be vegan.

Book Information

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Customer Reviews

Jackie Kearney was a top-4 finalist in BBC One's MasterChef UK 2011. She has been developing her experience and reputation through pop-up dining events, a vegetarian fine dining club and

pursing her Asian street food venture in her iconic trailer, Barbarella. Her food passion lies with Asian street food and vegetarian dining, inspired by her extensive travels across Asia with her husband and twin children.

Amazing recipes!

As expected.

I have tried 3 recipes and all three tasted really really good! There's an orange chicken dish that alone is worth buying this book. I can't wait to try more.

This is by far one of the best Ethnic Vegan Cook Books I've gotten in a while. The photography is beautiful, and there is a good amount of detailed information on the ingredients and the dishes, as well as cultural information about the areas they come from. The book focuses on South East Asian food from India, Sri Lanka, Thailand, Laos, Vietnam, Malaysia and Indonesia. Overall most recipes require few ingredients and have easy to understand and straight forward instructions. For the health conscious keep in mind that this is STREET FOOD, and therefore not all dishes are healthy, but from what I've seen most are quite nutritious with low sugar, and not too much oil (outside of the fried dishes) Of course sugar and oil are easy things to correct yourself if you'd prefer less or more. Another thing to keep in mind if it's a concern to you is that this book does not contain nutritional information. So far I've made, Tibetan Broth with Traditional Momo's, The Hungry Gecko's Dal Masala, Simple Sri Lankan Dal, Pad Ka Pao, Marmalade Tofu with Chili and Cashews, Mung Bean Vegetable Noodle Soup, Royal Laos Tom Yum with Five Spice Tofu and Sticky Rice Balls, Nam Rom Kho To. All of which have been absolutely delicious. I can't wait to try the rest of the recipes.

I wanted to love this book, but too complicated & time consuming. I kept it around for about a year because it's such a beautiful book & enjoyed just looking through it. But I was never drawn to any of the recipes, too many ingredients and too time consuming for me personally.

Great recipes and very well written!

This is a gorgeous cookbook. Some of the recipes seem a little tricky (I'd call myself an intermediate cook), but they all look delicious.

I am a terrible cook but this cookbook is so well written and straightforward, I made the most delicious vegan meals that I will be making over and over again forever! And I'm not even vegan! Delicious.

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