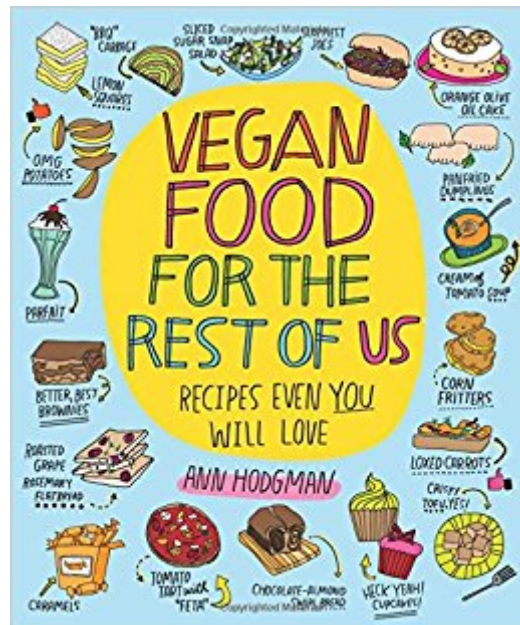




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# Vegan Food For The Rest Of Us: Recipes Even You Will Love



## Synopsis

Recipes for regular people who love great food by "a humorist and cookbook author whose recipes really work." To create her very best recipes for *Beat This!*, a cult favorite and a hilarious book full of seriously delicious recipes, Annâ™s formula was simple: "Double the chocolate and add bacon." But when she decided to go vegan, what in the world was she going to put in her pound cakeâ™ buttons? For a while, her kitchen resembled a molecular gastronomy lab. After a hellish incident with seitan, she made a decision: No more foods that made her hungry for her former life. No recipe would make the cut in her new life unless her husband liked it enough to beg for second helpings. More than 100 Hodgman-family-tested recipes later, *Vegan Food for the Rest of Us* was born, full of brilliantly original culinary discoveries, honest and funny writing, and yes, the very, very best recipes.

## Book Information

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## Customer Reviews

"Hodgman (*Beat This, Beat That*) tackles with humor the challenge of making food without animal products. The text is filled with a chatty sass that is the author's trademark ... Unlike other vegan cookbooks that start with the rationales for going vegan, Hodgman's explanations are saved, like a punch line, for the end and are summed up with 'right vs. wrong period.'" â€"Library Journal "If you like reading cookbooks for more than the recipes, you need to read Ann Hodgman, one of the few cookbook writers whose introductions (we call them headnotes) and even recipe names regularly make me chuckle, if not guffaw. Her latest book, *Vegan Food for the Rest of Us* is no exception, except now, as you can tell by that title, Hodgman, 60, is bringing

her matter-of-fact sense of humor to the topic of vegan cooking, something she has been trying to master since becoming vegetarian in 2009." Joe Yonan, Food and Dining Editor, The Washington Post "In her newest cookbook, Hodgman convinces naysayers and skeptics that veganism doesn't have to be pretentious." - Publishers Weekly

ANN HODGMAN is the author of Beat This! and Beat That! Cookbooks and One Bite Won't Kill You. Her work has appeared in The New Yorker, the New York Times Magazine, the New York Times Book Review, and Food & Wine. She lives in Connecticut.

Some really good recipes plus the author has a wonderful sense of humor. Mostly I have read the cookbook.

A really wonderful cookbook. I read it before I made any of the recipes, and I was howling with laughter. It contains wise remarks, too, though, about, for example, it being OK to adopt veganism gradually, or even only partially. That approach is a refreshing change from most other vegan cookbooks (and in fact vegans), which are much more rigid about veganism being the only right way. When I started making the recipes, I was even more delighted with the book. The Vegan Burgers are a wonder. The next thing I plan to try is the Pure, Rich, Great Vegan Caramels. It's hard to imagine how you can make a good caramel without butter or cream, but I'm sure Ann Hodgman can do it

I LOVE THIS BOOK. I am not vegan but I recently watched "What the Health" and I was freaked out. If cookbooks were rated on wit and amusing world views only, I'd give Vegan Food for the Rest of Us five stars as I like to read as well as use cookbooks. But as a path for me to work toward a plant-based life -- and delicious, I mean really delicious recipes -- this is a sky full of stars on a clear night. Great gift.

In her old age (100+) my mother used to read Hodgman's cookbooks just for the funny and charming storytelling and history of the recipes. In MY old age (kidding!) I love them for the wonderful food and of course for the anecdotes too. Her approach to vegan cooking is very practical, and anyone who used Beat This and Beat That knows that she is so diligent at experimenting and testing that the recipes end up fail safe. Omnivores love great food just as much as vegans do, so make sure you give this to them for the next gift giving occasion.

I was so happy to discover this book at my local library. I checked it out and a few days later I knew I had to own it. I have dabbled with veganism and vegetarianism for the past 20 years, committing for a short time here and there, but was never completely satisfied with the "mock" recipes that tried to convince me that a particular recipe tasted just like its animal-product-containing traditional dish. Ann writes in the introduction that "...I decided to stop trying to expect that all omnivore cooking could be perfectly replicated in a vegan version." That resonated with my experiences exactly! And finally, the line that won me over entirely is: "...certain vegan foods WANT us to hate them." Ann Hodgman writes delightfully about being vegan and vegetarian...down to earth and realistically, as well humorously. Since this is a cookbook, I should say something about the recipes, too! I've made several recipes and so far each has been a winner. Today, I'm going to be making the Tomato Tart with "Feta," using some luscious red and yellow tomatoes from the farmers' market. It uses a tofu version of "feta cheese" which I made last night so it has time to marinate. Ann writes, "No, it doesn't taste exactly like feta (which isn't much of a loss [since it's not her favorite cheese]), but it gives you sharply briny white crumbles that stand in perfectly." This morning, I stirred the "feta" around in the marinade and had a little sample. It doesn't taste like feta, a cheese that I quite enjoy, but it has a tangy, herbed taste that is wonderful and a perfect texture. I'll have to be careful to not go back during the day and have more tastes for fear of not having enough for tonight's recipe! Her recipes are well explained, not intimidating in any way, and include ingredients that can be found easily in most grocery stores, as well as a few things that are just as easily ordered online or sourced through a health food store, if you're lucky enough to have one near by. My non-vegan husband is enjoying my cooking and I'm excited to cook for non-vegan friends and find out what they think about the recipes...the biggest test will be when my older sister comes for a visit! Ann also includes quotes and passages from People for the Ethical Treatment of Animals (PETA) to punctuate her ideas about making a gentle and be-kind-to-yourself transition to veganism/vegetarianism, which I felt were quite inspirational and perfect additions to her own writing. She says, "...will YOU be helped by plunging yourself helter-skelter into the world of nutritional yeast and rice bran syrup? No wonder you keep putting off becoming a vegan! Why not start more gradually...If you were planning to carpool somewhere but end up driving alone, you don't decide that saving fuel is hopeless. If you're a vegan who accidentally eats some real cheese in her salad, you don't have to stop being a vegan." All this writing about food has made me hungry, so I'm off to the kitchen with my new Ann Hodgman cookbook to see what I can whip up.

I am a fan of her earlier book, *Beat This!* so I am looking forward to trying the recipes in her new book. I already started to read it and it is very funny, but also provides serious and helpful information in the TMI side notes. I enjoyed Hodgman's philosophy on becoming vegan -- it is ok to get there gradually and not get hung about being a purist, which I learned from the book is also the approach of PETA.

It's a relief to have an engaging and encouraging cookbook for vegans. I'm not vegan, but I regularly cook for a crowd of about 35-40 people, which often includes a vegan. I've usually just tried eliminating the eggs and cheese from whatever I'm cooking, but the results are not always appetizing. Now I can choose a recipe that the REST of the group will eat happily, and I don't have to make special side plates for that one vegan. Thank you, Ann Hodgman!

FINALLY. Where else can you find a vegan cookbook that is funny, clear, and passionate without being heavy-handed? What a relief. Ann Hodgman is as accomplished a writer as she is a cook; this is a joy to read. And, just as important, it's something I (an omnivore) can relate to - and it will help me make much-needed changes.

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