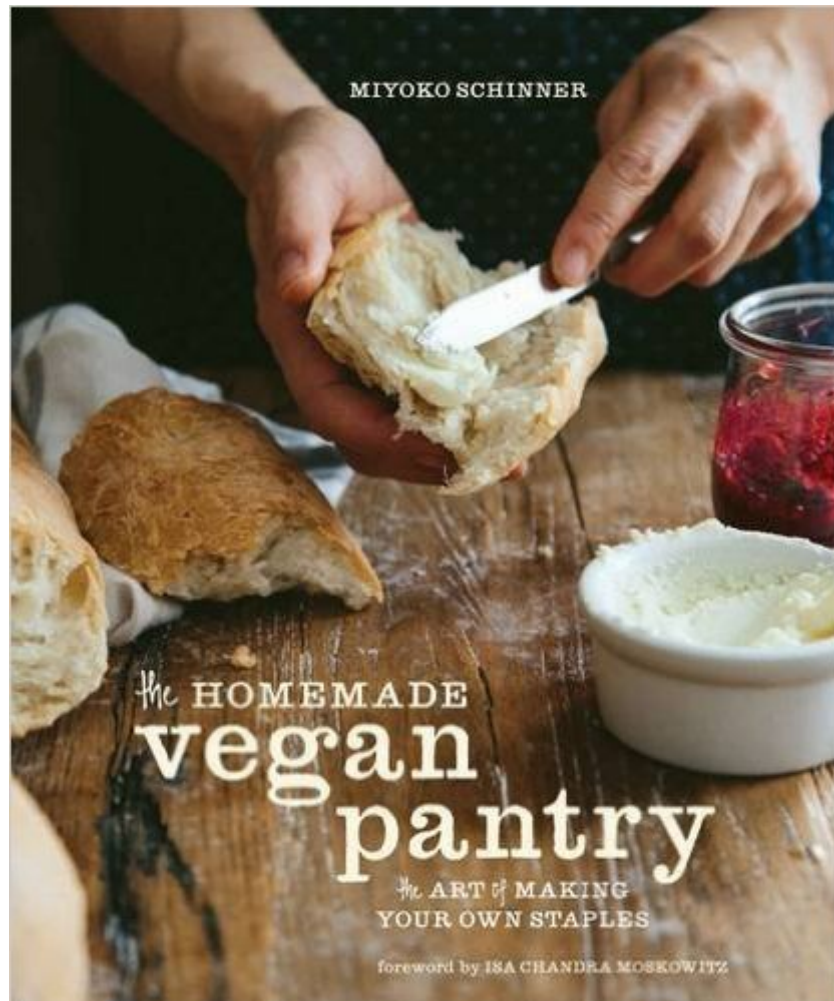


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The Homemade Vegan Pantry: The Art Of Making Your Own Staples



Synopsis

A guide to creating vegan versions of staple ingredients to stock the fridge and pantry--from dairy and meat substitutes such as vegan yogurt, butter, mayo, bacon, and cheese, to mustards, dressings, pancake mix, crackers, pasta sauces, cookies, and more. Kitchen crafters know the pleasure of making their own staples and specialty foods, whether it's cultured sour cream or a stellar soup stock. It's a fresher, healthier, more natural approach to eating and living. Now vegans who are sick of buying over-processed, over-packaged products can finally join the homemade revolution. Studded with full-color photos, *The Homemade Vegan Pantry* celebrates beautiful, handcrafted foods that don't take a ton of time, from ice cream and pizza dough, to granola and breakfast sausage. Miyoko Schinner guides readers through the techniques for making French-style buttercreams, roasted tomatoes, and pasta without special equipment. Her easy methods make "slow food" fast, and full of flavor. *The Homemade Vegan Pantry* raises the bar on plant-based cuisine, not only for vegans and vegetarians, but also for the growing number of Americans looking to eat lighter and healthier, and anyone interested in a handcrafted approach to food.

Book Information

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Customer Reviews

This is the book you need to get started creating vegan staples. If I could choose only one book out of all of the books I purchased last year, this would be the book I would keep. Miyoko's recipes are simple, require mostly standard ingredients, and create some of the most fantastic vegan food I

have eaten to date. There is a reason that Miyoko's recipes for vegan cheese come out so good - she actually sells her vegan cheese online. With this book you can make your own ketchup, butter, unribs, unsteak, unchicken, vegan fish sauce, and teriyaki sauce! You can make vegan mozzarella that bakes, browns, and crisps up on a pizza. You can make vegan ice cream and vegan yogurt. You can make a roll of vegan chocolate chip cookie batter you can cut off pieces of and use as needed. I am sharing pictures of a pizza I made with the vegan mozzarella cheese from this book, a pork chop I made using the Unpork recipe, and tofu red curry I made where the essential ingredient was Miyoko's vegan fish sauce. There are specialty ingredients that certain recipes require and I would make sure to purchase the recommended ingredients and not attempt to substitute other ingredients that may seem similar. For instance, the liquid soy lecithin is essential to the Glorious Butterless Butter recipe. When tapioca is mentioned for the cheese recipes, you will need to use tapioca flour. For the fermented tofu liquid for the vegan fish sauce, purchase a bottle of fermented tofu from an Asian grocery store that appears clear - if the fermented tofu is darker or reddish, that means it has chilies in it, and you will not want to use that kind of fermented tofu for this recipe.

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