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Vegan Cookbook:Healthy Vegan Greek Recipes



Synopsis

The popularity of Greek cuisine, particularly vegan cuisine, different types of fruits, vegetables and grains. Although Greek cuisine had been affected by Roman, Byzantium, Turkish and other cultures, it has still preserved its uniqueness. The other consistent ingredient of the Greek vegan cuisine is wheat. This is a national staple product, one that is found in many recipes, and it has been cultivated in Greece for thousands of years. It's used in the preparation of different types of foods, such as bread, namely in the well known pita bread. Bulgur, made of cracked whole wheat, can be eaten separately or added into soups or salads. The final typical grain food of Greek vegan cooking is rice. This is used in pilafs and bakes, served with stews, or wrapped in grape leaves to make dolmades.

Book Information

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Customer Reviews

Author/chef Bryan Rylee has lived, tasted ethnic foods and cooked meals with the Basque people of Spain and France, the Mediterranean coast, Turkey, North Africa, Scotland, Northern England, the Caribbean, Iceland and other places - expanding his culinary repertoire. It was the diverse ethnic selection of food in San Francisco, China Town in particular, that gave him his love of food and his curiosity for other cultures, a curiosity he shares so well in this fine book. As he states, "You must have read a hundred times that healthy eating habits have a positive effect, not only on your weight and health, but also your optimistic attitude to whatever is happening around. And this book is not an exception. It will guide you through the process of preparing healthy and tasty Greek vegan dishes with ingredients that are easy to find and cook. You will find a wide range of recipes, which

can be adapted for a healthy breakfast and a hearty lunch, and some that will go well as a dinner or a light supper. We have included a large assortment of delicious desserts and snacks.'

Accompanying the easy to understand and to follow recipes are excellent color photographs to pique your appetite. Some examples are as follows: APPETIZERS - Corn and Garbanzo Bean Patties (Vegan), Vegan Moussaka, Greek Style Hummus, Eggplant Purée with Walnuts, Greek Fava, Briam (Greek potato and zucchini bake), Rice-Stuffed Tomatoes; SALADS - Greek Bulgur Salad, Vegan Greek Quinoa Salad, Traditional Greek Potato Salad (Patatosalata), Cucumber Salad, Cabbage Salad (Lahanosalata), Greek Orzo Salad with Tomatoes, Greek Couscous Salad with Avocado, Greek Vegan Salad: SOUPS AND STEWS - Greek Potato Stew, Fasolada, Cabbage Soup, Manestra (Orzo Soup), Spicy Greek Pumpkin Soup, Greek Stew with green beans and potato, Fasolakia (Green Bean Stew), Greek Chickpeas with Spinach, Pureed Split Pea Soup; GREEK MAINS - Orzo with Zucchini, Spanakorizo (Spinach and Rice), Greek Vegetables, Dolmades (Stuffed Grape Leaves), Greek Vegan pasta, Braised Eggplant with Potatoes, Quinoa Mushroom Pilaf; DESSERTS - Fluffy Blueberry Waffles, Bobota, Finikia / Melomacaroni, Apricot and Almond Cake, Tahini Walnut Tasty Cookies, Peach Barley, Greek Lenten Cake, Vegan Chocolate Nut Cookies, Greek Halva, and Spicy Baked Apples with Honey. Try a few and you'll keep this book very handy in the kitchen to simplify and add zest to your meal. The Greeks got it right! Grady Harp, October 14

Good information used for lifestyle change that lead to husband's 80 pound weight loss.

Great recipes

An amazing cook book from Bryan Rylee specially for the people who love to taste different vegetarian recipes. This compiled recipe book has more tasty item that can be done in an easy way and for healthy life. These recipes has played great role to maintain your dieting routine. Highly recommendable

I absolutely loved it. A few changes to the spices was all I needed to do but other than that it was great. Going vegan has not made think that I am losing out but rather that I am gaining new insight.

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