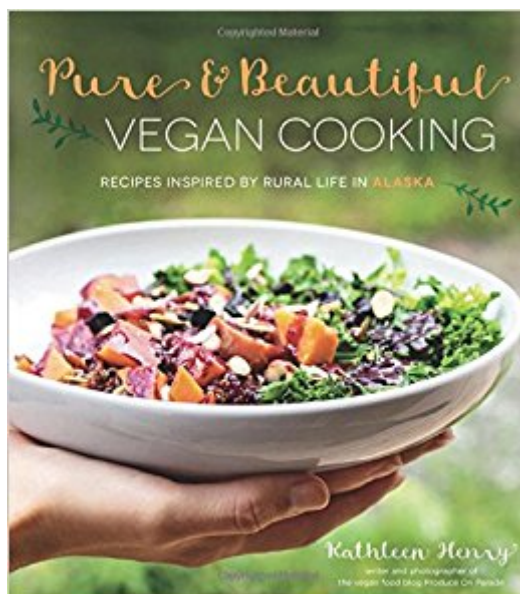


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# Pure & Beautiful Vegan Cooking: Recipes Inspired By Rural Life In Alaska



## Synopsis

Fresh, Delicious Recipes from an Alaskan Vegan Kitchen Pure & Beautiful Vegan Cooking is a cookbook that speaks to your heart and soul, helping you to connect with others, the earth and yourself as you prepare beautiful, wholesome meals. Kathleen Henry's cooking is inspired by the pure and nourishing abundance of rural Alaska, where she was born and raised. The result is an incredible collection of 80 recipes that highlight plant-based, whole-food and seasonal ingredients, so you can be kind to your health and the environment. The recipes are versatile to any occasion—whether it's a quick weeknight dinner, a large gathering with friends or a quiet morning on your own—and they're so delicious you'll come back to them again and again. Inside you'll find recipes like:- Caramel Banana-Oat Pancakes- Creamy Rosemary Chickpea Pasta- Baked Sage Risotto with Mushrooms & Chard- Vegetable Chowder with Arugula- Sweet Potato Beet Burgers- Walnut-Chickpea Tacos with Chipotle Aioli- Chai-Spiced Ginger Muffins- Wild Blueberry, Rhubarb & Hazelnut Crisp Whether you're a vegan, vegetarian or omnivore, the down-to-earth recipes and stunning photography in Pure & Beautiful Vegan Cooking will help you eat well and lead a compassionate, healthy life.

## Book Information

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## Customer Reviews

Some of my favorite vegan cookbooks were written by bloggers — “Vegan with a Vengeance (by PPK legend Isa Chandra Moskowitz), Vegan Yum Yum (by Lauren Ulm's charming blog of the same name) and Vegan Crunk (by Memphis's own —œCrunk Master B —œ aka Bianca Phillips). After cooking half dozen recipes from this amazing new book, I can honestly say it has now joined

my personal pantheon of all-time greats. The downfall of many vegan recipes is that they include pre-packaged ingredients that might be difficult to find, giving the impression that veganism is some sort of boutique diet and giving up animal products is only for folks with money and access to high-end grocery stores, like Whole Foods. But in the introduction to *Pure & Beautiful*, Kathleen Henry makes a point of saying that she lives in rural Alaska, far away from any Whole Foods or health food store, so must use easy to find ingredients for her delicious, nutritious meals. This truly is the perfect marriage of both the vegan and clean eating diets. So now - on to the recipes. I tried to make things with stuff I had on hand. Yes, I am the sort of person who has a can of curry paste in the pantry and a tub of red miso in the fridge, but they're about the only two ingredients that seemed a bit out of the ordinary to me (at least in the recipes I chose to make). And honestly, the only single thing I had to purchase special were a bunch of beets. Also, I made some minor substitutions here and there, as noted. 1) Red Lentil Soup with Quinoa, Lemon and Mint (p. 90). This was utterly transcendent. I had my sister over for dinner to try this. She and my husband both loved it. She said it was surprisingly hearty and he said it was a restaurant caliber.

Fantastic recipes with even better photography. The rich and detailed imagery provided throughout almost make this a coffee table book. If only it were hard cover. There are a variety of recipes and cooking styles represented here. Everybody will find something to make. We have a set rotation of styles after the form of "taco Tuesday". We go through new cook books trying out things we have never made for "freaky Friday". This book is great for that. The nice thing about having a set adventurous dinner night, is that you continually get new "keepers" to put into regular rotation. Keeping healthy eating from becoming boring is essential. I am a breakfast guy, so one of the first things I always try is the "scramble". All of these books have one. The addition of chili powder to Kathleen Henry's recipe, really gave it some pop. Paired with the toasted potatoes, this will be a weekend staple for a long time to come. There are lots of "bowls" here as well, with a sampling of simple dishes paired into a one-bowl meal. If you usually get a bowl when you go out, or hit the food trucks, you will find a lot to work with here. These bowls don't require waiting to be seated, and that's a huge win. Of note, as the other reviewers have already states, the Walnut-Chickpea tacos. Rather than just restate what others have said about how good they are, (and they are) There is another important point to be made about the format. Throughout the book, are useful tips that keep your cooking grounded in the real world. At the end of the taco recipe mentioned above is a note to use the leftover chickpeas (if you opened a can) for a simple toast spread.

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