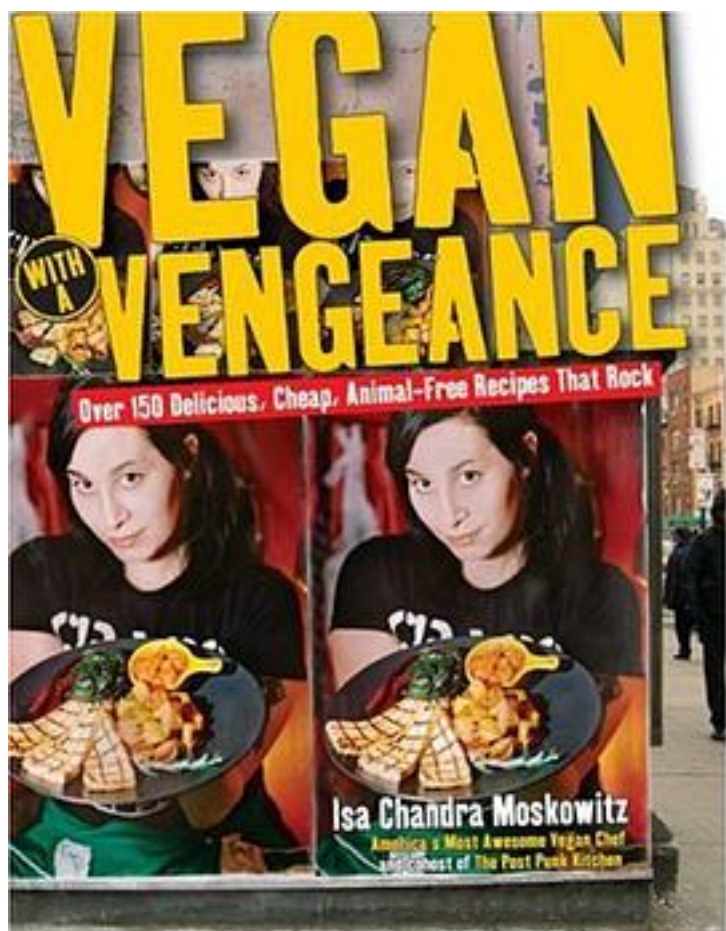


# Vegan with a Vengeance



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In *Vegan with a Vengeance*, Isa Chandra Moskowitz, cohost of the vegan cooking show, *The Post Punk Kitchen*, brings the do-it-yourself, community-driven ethos of punk rock into the kitchen. Her cooking philosophy embraces being kind to animals (all recipes

are completely animal-product free) and your wallet--while being creative and having fun in the process. She emphasizes fresh ingredients over heavily processed corporate brand-name foods and says that, like good music, cooking is best when it's an innovative, experimental, and completely real experience. Her inspired recipes--covering all meals of the day and influenced by dishes from around the world--include:

Asparagus and Sun-dried Tomato Frittata--Fresh Mango Summer Rolls--Pumpkin Waffles--Tofu Dill Salad Sammiches--Green Goddess Garlic Pizza--Sweet Potato Crepes with Cilantro-Tamarind Sauce--Brooklyn Pad Thai--Banana Split Pudding Brownies--Fauxstess Cups--Gingerbread Apple Pie

PLUS: - Lists of essential tools and post punk pantry items - Suitable substitutes for those without all the fancy kitchen gear and ingredients - Inventive twists on classic dishes - Handy resources for vegans and punks - The story of The Post Punk Kitchen - Rockin' recipe intros and descriptions - Even fun facts and tips from Isa's cat, Fizzle!

作者介绍:

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