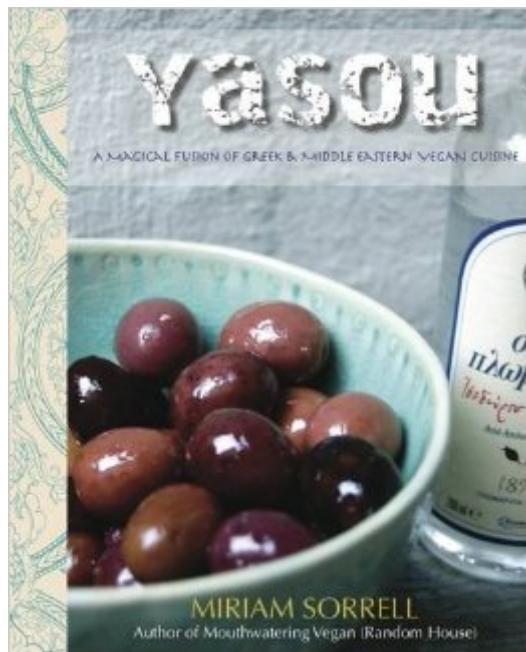


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Yasou: A Magical Fusion Of Greek & Middle Eastern Vegan Cuisine



Synopsis

From award-winning chef Miriam Sorrell, author of 'Mouthwatering Vegan' (978-0449015650 Random House 2013, endorsed by Sir Paul McCartney), comes 'YASOU', a magical fusion of Greek and Middle Eastern vegan cuisine. This book connects the author with her own rich roots, and takes plant-based cooking to a new level, bringing the exotic flavours of the Middle East & Southern Mediterranean within easy reach of the home cook, and showing once again the innovative genius of Sorrell as she redesigns vegan cuisine. Taramasalata, Haloumi, Lime Infused Feta, Shashuka with genius plant-based Eggs, Baked Fasolia Pie, Middle Eastern Stuffed Cabbage Rolls, Briam-Imam Bayildi, Spanakopita Tart, Crispy Fried Calamari, Aubergine Maqluba, Coffee Creme Caramel, Kalo Prama, and Galaktoboureko, are some of the delights to be found within - all entirely plant-based ! Lavish full page photos accompany each recipe, each one more appetizing than the last, and marking this hotly anticipated book as a historical moment in vegan gastronomy.

Book Information

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Customer Reviews

I have been a fan of Miriam Sorrell for years. I own her first cookbook, Mouthwatering Vegan and have been relying on her recipes in my kitchen. I am a regular on her blog. She is a passionate advocate for animals and one of the most amazing creators of good food you will find anywhere! (Not to mention a truly lovely person.) So, when I discovered that she had a second book coming out, I quickly placed a pre-order with . As a passionate vegan cook myself, I have a few favorite authors who are always innovative and creative, and those are the cookbooks I reach for when I'm

looking for something good to cook. Miriam is indeed one of these. My recipe library will always have anything she writes in it! The day I received my copy of Yasou in the mail, I spent the rest of the afternoon reading it, and she once again did NOT disappoint! This book has more of a Mediterranean and Middle Eastern flair which honors that part of her heritage. The recipes follow the traditional techniques, and all of the recipes are fully vegan, and fully DELICIOUS!! The pictures make you want to eat the page. You absolutely MUST have this book in your cookbook library. You will find it will be one of those "go to" cookbooks that you rely on to always have a good outcome. Thanks once again, Miriam, for making me look good in the kitchen!! I'm a fan for life. You ROCK!!!

As the title says, 'A Magical Fusion of Greek & Middle Eastern Vegan Cuisine' I am left Spellbound! After following Miriam's recipes on her Mouthwatering Vegan blog and devouring the recipes from her first cookbook, the anticipation of purchasing her second cookbook was indeed waiting for further culinary magic! Here, you will not only find the first in the world vegan fried egg which will 'wow' non vegans but also see how she has used minimum ingredients for this which are likely to be available in your vegan store cupboard! As a vegan chef myself, I once described Miriam as THE visionary vegan chef and I believe my expression and opinion to be spot on once again with Yasou. Her first book seduced us and made us salivate with out of this world recipes and once again she has raised the bar with further genius recipes. The Sensual Runner Bean and Mushroom Stew is oh so flavoursome with varying textures and again, store cupboard ingredients with spices that 'just do it!' Before I became vegan I loved custard slices here in the UK and here we have a recipe for Galaktoboureko (Greek Custard Slice) oh my!! I am adoring this easy to follow and colourful book and I simply can't wait to try the Bean and Nut Scampi Balls, the Golden Cheezy Zucchini Fritters (my type of scrumptiousness) the Spanking good Spanakopita Tart and the Tomato Dolmasi. A Magical Fusion of Greek & Middle Eastern Vegan Cuisine? Spellbinding!

If it is possible for a published book to literally slap you in the face with aromas ... I have never seen a more beautiful presentation of some of my favorite foods, and done with unique flair. Miriam Sorrell has added her own to each and every recipe. I read the whole thing through on the first day (I was mesmerized). I happen to have a well stocked pantry and will make every one of these ... I just cannot decide which one first! Perhaps the Spanakopita Tart (recipe for plant-based Feta included). I'm in love.

I have followed Miriam Sorrell's Mouthwatering Vegan blog ever since deciding that a plant based

diet would be better for my health. Coming from a Mediterranean background and being a keen cook myself, I was delighted to learn that Miriam had put together a Greek and Middle Eastern Recipe book. What I wasn't expecting was what lay inside the covers of this book.... an authoritative re-mastering of the known favourites along with beautiful original recipes. Miriam is in her element here, a true alchemist, a veritable connoisseur not only of vegan ingredients, but of spice blending, balancing the palette with harmonious heat and sweetness. What I love about this book is that it turns your kitchen into a gourmet headquarters, starters, mains and afters, you couldn't order this level of plant based diversification, fusion, culinary art, gastronomy in any European restaurant, therefore to have a guide to creating is, IS SHEER LUXURY! The book takes you on a journey through the Mediterranean and to the Middle East, and Miriam ensures that your palette is satisfied and misses nothing of the exotic on the way. I think that Miriam is not only the foremost vegan chef, but a pioneering chef in general. My non-vegan friends are gobsmacked, and yours will be too!

I love this book Yasou, that Miriam Sorrell has written and put together! It's an exotic fusion of tastes, sights and delights. A profusion of tastes, textures, aromas, colour; you'll be hard pressed to wait until dishes are cooked & ready to eat before you start salivating with expectation. If there's one cook book you should get this year, it's this one. Choosing compassion over cruelty starts in the kitchen, with our food choices and this book is dedicated to all animals in world. From dips like Beautiful Baba Ganoush, Salads like Tagine Superfood Salad, Sides such as Lemon Drowned Roasted Potatoes (one of my favourites!), to hearty mains such as, Baked Fasolia Pie with 'Feta' & Black Olives & Zucchini & Lentil Moussaka, not to mention the desserts like Best - Ever Baklava & Rose Petal Ice Cream with Cardamom! Don't miss out. Never know, if you ask nicely, she may even sign a copy for you ;)

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