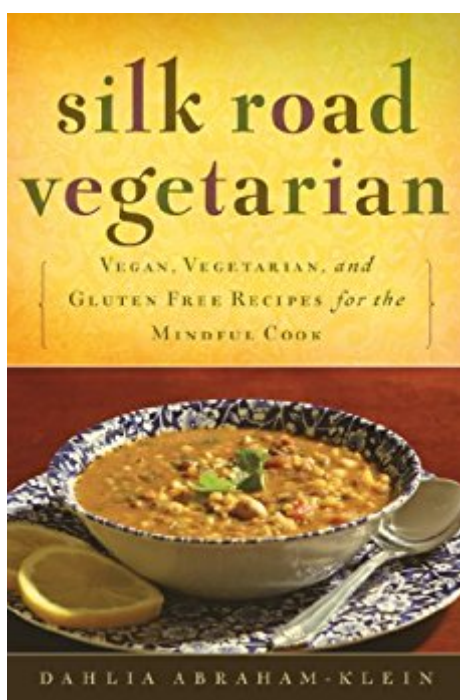


The book was found

Silk Road Vegetarian: Vegan, Vegetarian And Gluten Free Recipes For The Mindful Cook



Synopsis

"Her first cookbook, *Silk Road Vegetarian*, is a thoughtful and delicious collection of gluten-free, vegetarian and vegan recipes celebrating the foods of the Silk Road." •The Food Network Discover the secrets of healthy and sustainable eating that have been practiced along the trade routes of Asia for centuries. This unusual cookbook is filled with richly-flavored vegetarian, vegan and gluten-free recipes that will be a welcome change for any vegetarian or vegan to enjoy. Plus, most of these delicious recipes can be made using ingredients from your local Farmer's market or CSA share! Delicious vegetarian and vegan recipes include: Bengali Potato & Zucchini Curry Afghan Risotto Zucchini with Basil Vinagrette Turkish Baked Eggplant with Mint Curried Lentil Burgers Israeli Chopped Salad Sesame Kale Salad And dozens more | Dishes from the Silk Road have their roots in the ancient village food traditions of Asia, where a few healthy ingredients from local gardens were blended with spices to create meals that are nutritious, varied and flavorful, as well as being ethical and sustainable. Author Dahlia Abraham-Klein is a food educator and nutritionist who draws from her own family heritage to create meals that honor what is most meaningful about cooking and food everywhere in the world • a connectedness to place, history and family. Her book is about developing culinary awareness and celebrating diversity • discovering foods with contrasting tastes and textures that are simple and easy to prepare, yet totally exciting and different. *Silk Road Vegetarian* delves into the cultural and spiritual traditions of the Silk Road to show how cultural traditions have influenced the cuisine. Each dish has a rich history • linking past to present in a particular place. At the same time, the recipes address pressing contemporary needs by showing us how to eat a healthy, balanced and yet interesting diet with locally-sourced, earth-friendly ingredients. The astonishing array of recipes in this book will inspire every home cook. All dishes are easy and simple to prepare, and codes are applied to identify which ones are: Vegetarian Vegan Gluten-free Try one of these recipes, and you'll agree that peoples living along the Silk Road created a unique culinary tradition that we have much to learn from today.

Book Information

File Size: 11681 KB

Print Length: 192 pages

Publisher: Tuttle Publishing (June 17, 2014)

Publication Date: June 17, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00JZBAYH4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #369,800 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

in [Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Turkish](#) #31 in [Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > Turkish](#) #244 in [Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Gluten-Free](#)

Customer Reviews

This is my new go to cookbook for preparing delicious and healthful exotic dishes with ease. I am making it a point to try a different recipe every Friday. Dahlia Klein uses fresh ingredients and spices to create interesting new flavors that are simply stated, over the top. I recommend this cookbook to both aspiring cooks and experienced chefs. The ingredients are accessible and step by step instructions flawless. I have tried the Persian green herbed stew, roasted beet and nectarine salad with lime zest, yellow split pea soup (Indian style), Bukharian green herbed rice (makes for yummy leftovers), pesto zucchini (Italian style) and roasted cauliflower salad with tahini and za'atar (Middle Eastern). Her recipes are appealing; fragrant and colorful, nutritious and traditional of cultures whose cuisines were not part of the American quilt until recently. The color photos are most helpful. Definitely add this to your repertoire.

This was a wedding gift for a dearly loved niece and nephew-to-be. I was so taken with this book I didn't want to give it up! We were dealing here with vegetarian, vegan celiac and gluten free family members, so a lovely choice. I accompanied it with a set of attractive chopsticks with porcelain stork rests, the storks being dear to her heart- together it was a fine gift.

I have been a vegetarian for decades and just when I thought I have tasted everything worth tasting in this genre, this book was brought to my attention, a small gem. Not only are the recipes novel and

inspired, but the author's personal journey is inspiring. That is, the way it is woven into the origins and trajectory of the book. It leaves the reader wanting to not only read volume two, but to get to know the author's inner workings more deeply, for like a good sorceress she conjures up something unexpectedly magical to enjoy.PM

I probably shouldn't have bought this book. It focuses more on indian food than I would prefer as I have a few indian cookbooks that have much more flavorful recipes. Everything I've tried so far has been bland, or perhaps the quantity for the spices was written wrong. There are still some middle eastern recipes that I'd like to try, so I haven't given it away yet. Just a little less exciting than I was hoping for.

I cannot agree more with the rave reviews for this book. I love to cook and have bought many cookbooks over the years. So many times I have been disappointed with them. You will not be disappointed with this book if you like spicy foods. The recipes are delicious and easy to prepare. No more bland and boring meals. If you are going to be a vegetarian as I am, you want your food to taste great. You will wake up your taste buds with these recipes.

I love the variety in this book. Perfect if you want to cook healthy yet flavorful food. Me and my boyfriend are especially crazy about the shawarma-spiced potato wedge recipe--that one alone makes this book worth it. I've tried two other recipes: a red daal curry recipe which tastes uncharacteristically refreshing and light despite having a lot of coconut milk and a lentil with vegetables recipe which doesn't taste nearly as boring as it may sound. The quantities called for in the recipes are just right, especially if you're preparing food in advance for a busy work week.

A friend brought this to coffee & there are too many recipes I want to try to xerox them all, so I bought my own copy!

I am not a vegetarian but I am always looking for healthy vegetarian options to prepare for both my family as well as guests. What I love about this book is that the recipes are not boring or plain. Using varied ingredients from the Middle East and Asia, the recipes are equally exotic in flavor and simple in preparation. I look forward to trying out many more of these dishes that come from an ancient culinary world in a way that is modern and accessible!

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,..) (Gluten-Free Bread Territory) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget (Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Mouthwatering Gluten Free Recipes Slow Cooker Daily Easy Gluten Free Recipes That Your Family Will Love. (Paleo,Slow Cooker, Diet, Cook Book, Beginners, Low Carb,Gluten free, Weight loss Book 1)

Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)