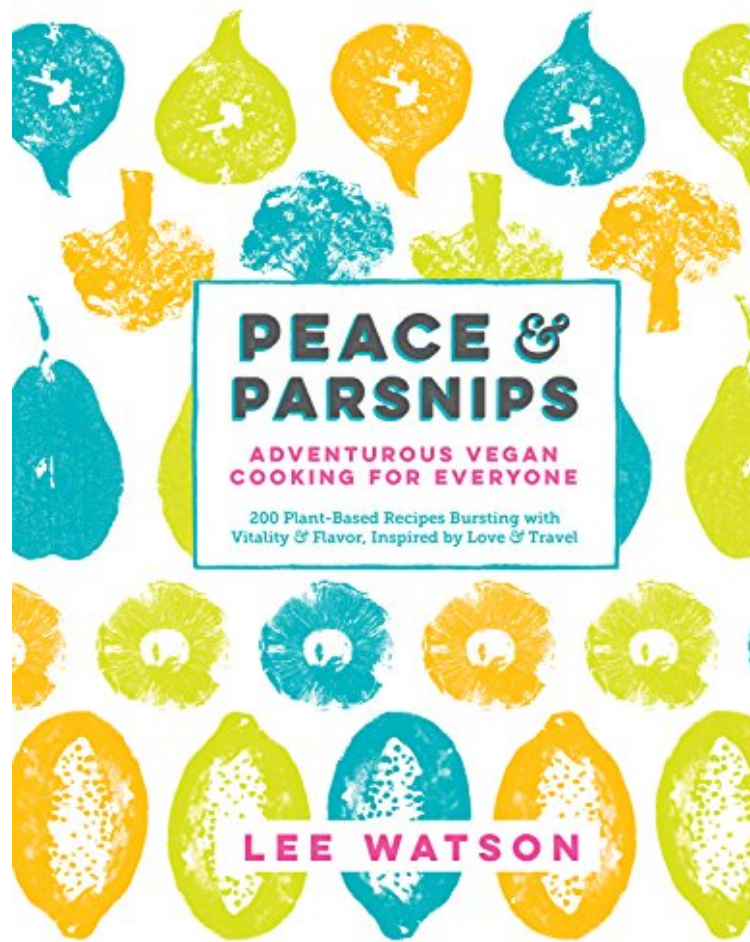


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## Peace Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality Flavor, Inspired by Love Travel

Lee Watson

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Lee Watson : Peace Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality Flavor, Inspired by Love Travel before purchasing it in order to gauge whether or not it would be worth my time, and all praised Peace Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality Flavor, Inspired by Love Travel:

2 of 3 people found the following review helpful. I had the most delicious vegan burger EVER TASTED thanks to this book - it's AWESOME! By Jade Alexander I LOVE this book! A fresh new UK author and master of all things vegan, I feel like I have finally found a book which covers all types of cooking - from a quick bite to a decadent dinner-party

type meal and cuisine from all over the world. And when I tried recipes out at home EVERYTHING has tasted so so good!! I am inspired by this book to get more into cooking as I want to learn and eat food that I know where it comes from. Although I am not yet 100% vegan I have a couple of other vegan books but I feel Lee's cool and awesome ideas have taken vegan food a level further; a friend recommended it to me and she said the same thing. We want to get more healthy and adventurous in the kitchen!! Lee is definitely a fun sounding guy and completely passionate about his food and it is infectious! He's not preachy about being vegan which is awesome and important to me. Highlights for me are recipes of hot chocolate, ice cream, cheesecake(!) delicious healthy salads, THE burger that made me write this review(!) and European and World food... it's hard to pick actually, and the great thing is that all the ingredients are easy to find in my neighbourhood. And for the price too, it's so amazing for over 200 recipes :) Thank you Peace and Parsnips Crew!!

0 of 0 people found the following review helpful. Five Stars By SimplyVery good recipes 6 of 6 people found the following review helpful. Peace and Parsnips By Bundt Lust Longtime vegan Lee Watson works as a vegan chef at a retreat center in Snowdonia National Park, Wales. In "Peace and Parsnips," he collects 200 of his favorite recipes for smoothies, salads, nibbles, big plates, curries, burgers, desserts and more to prove that vegan food doesn't have to be limited to spongy tofu and rubber-like nut cutlets. Inspired by his travels to Mexico, Turkish bazaars, Europe, Indian spice markets, and beyond, with minimal fuss and plenty of accessible ingredients he creates delicious meals that even carnivores will appreciate. With an emphasis on seasonality and mindful eating, you'll find a well-rounded guide to the vegan pantry, including homemade nut milks (soy, cashew, almond, sprouted green lentil), spice blends, sauces and pestos, and even vegan feta that will allow you to create beautiful, healthful dishes that everyone can enjoy (in addition to being vegan, many of the recipes are also gluten-free). Lee includes many international influences in his recipes from Latin America (tostadas with salsa verde, the Middle East (couscous, hummus, tabbouleh, mujaddara, falafel, muhammara), Europe (borscht, filo pie, eggplant involtini, pastas, tempeh chorizo), India (curries, koftas, pulao) and Asia (udon, lumpia, fried rice). You'll also find a chapter devoted exclusively to "meaty" burgers from Portobello pecan to beet quarter-pounders, spinach bhaji burgers, chickpea, butternut, and apricot burgers, and puy lentil and walnut burgers. The first recipe I tried was the kasha with rosemary, apricots, and walnuts. My Polish grandmother would frequently fix kasha when I was growing up; I have fond memories of the smell of kasha toasting in the pan before she would add mushrooms or turn it into pieróg lubelski (buckwheat pie in a pastry crust). I also love all things apricots and walnuts, so was interested to see how this flavor combination would work out. It was an incredibly satisfying combination of crunch (from the walnuts), toothsome buckwheat, and sweet notes from the apricots, plus it freezes well. This may be my new favorite way to serve kasha, and will definitely be going on my lunchtime rotation again soon! The maple and orange-glazed tempeh with bok choy and soba noodles is another winner; I used green tea (matcha) soba as that is what I had on hand, and shimadofu (Okinawan tofu) as tofu is suggested as a possible variation. The beautifully citrus-infused tofu contrasts with the savory soy-based broth (I left out the cilantro as it is not commonly used with noodle dishes here in Japan). I also loved Lee's stuffed dishes, like the leek and wild mushroom-stuffed potato skins with lemon and chive yogurt, and his many ideas for millet. Although I regularly cook with whole grains, millet is new to me, and I loved the idea of using it as a filling for chard leaves (beet, millet, and raisin-stuffed ruby chard bundles with brazil nut and rosemary cream). Here are two recipes to whet your appetite: Pappardelle with Artichoke Almond Sauce, Purple Kale White Asparagus This dish is a delight! So many shades of green, all bursting with flavor and nutrition. Artichokes make a surprisingly creamy purée. Throw a few almonds into the mix and you're well on your way to deliciousness. In Spain, I buy fresh artichokes for pennies – pounds of the things are piled around our small kitchen and it can be difficult to know what to do with them. However, I recommend using high-quality jarred artichokes here. In this dish I tend to use white asparagus, but in autumn and winter I'd try to seek out some salsify. It's a rich root vegetable, perfect with this tangy sauce. Gluten-free option: use GF pasta. For 4 THE BITS 14 ounces (400g) purple kale, stalks removed, thickly chopped 8–10 white asparagus spears 2 teaspoons olive oil 1/3 cup (75ml) nice white wine (vegan) sea salt and freshly ground black pepper 14 ounces (400g) pappardelle (or similar egg-free pasta) For the artichoke almond sauce 5 tablespoons olive oil a handful of almonds, soaked for 2 hours, skins removed if you have time 2 cloves of garlic, peeled and crushed 4 big handfuls of watercress leaves 14 ounces (390g) artichoke hearts juice of 1/2 a lemon For the topping a small handful of toasted almonds, finely chopped a big handful of fresh parsley, chopped a handful of watercress DO IT To make the sauce, heat 1 tablespoon of oil in a frying pan and add the almonds. Sauté for 1 minute, then add the garlic and continue cooking for 2 minutes more. Add the watercress leaves, cover the pan, remove from the heat and allow to cool. Place the contents of the frying pan in a food processor with the artichokes, lemon juice and 4 tablespoons of olive oil, and blend to a smooth purée. The sauce should be thick and shiny. Add water to thin it out if necessary. Heat 2 teaspoons of olive oil in a large heavy-bottomed frying pan on medium and add the asparagus. Panfry for 6–8 minutes, until nicely caramelized. Add a glug of white wine, and when the liquid has evaporated, season and cover. Leave to sit. Bring a big pan of salted water to a boil and cook your pasta for roughly 8 minutes, until al dente. Add the kale halfway through the cooking time. Drain well, keeping aside a little of the pasta water. Add the drained pasta and kale to the artichoke sauce and toss together, adding some of the pasta water if it is looking a bit dry. Spoon into warm shallow bowls and top with criss-crosses of asparagus and a sprinkling of toasted almonds and parsley. Garnish with the watercress and season

with sea salt and black pepper. Recipe from *Peace Parsnips: Adventurous Vegan Cooking For Everyone* © Lee Watson, 2016. Reprinted by permission of the publisher, The Experiment. Available wherever books are sold. [theexperimentpublishing.com](http://theexperimentpublishing.com)

**Leek Wild Mushroom–Stuffed Potato Skins with Lemon Chive Yogurt** This is really just a blinged-up baked potato. Hardly any more trouble than the standard, but the simple flavors knock your socks clean off! You can use any mushrooms here, but the wilder and more intense in flavor, the better.

**FOR 4**

**THE BITS**

4 large baking potatoes  
2–3 tablespoons olive oil  
1 leek, finely sliced, green parts included  
4 cloves of garlic, peeled and crushed  
1 small head of broccoli, florets and stems finely diced  
10½ ounces (300g) wild mushrooms of your choice, roughly chopped  
½ teaspoon dried rosemary  
½ teaspoon dried sage  
1 teaspoon dried thyme (or 2 teaspoons mixed herbs instead of the previous three)  
1 teaspoon salt  
¼ teaspoon freshly ground black pepper  
1/3 cup (75ml) almond milk or soy milka  
big handful of toasted sunflower seeds  
2 tablespoons nutritional yeast flakes  
2 tablespoons whole grain mustard

**For the lemon chive yogurt**  
a handful of fresh chives, finely chopped  
1¼ cups (300ml) unsweetened soy yogurt  
1 tablespoon lemon juice  
½ tablespoon lemon zesta  
large pinch of sea salt

**DO IT**

Preheat the oven to 350°F (180°C). Prick the potatoes all over with a fork and rub them with oil. Bake for 1¼ hours, until golden and soft, turning them over once during that time. Cut them in half and leave to cool. Heat 1 tablespoon of olive oil in a large frying pan on medium and sauté your leeks for 6 minutes, until softened. Add the garlic, broccoli and mushrooms and cook for another 5 minutes. Pop in the dried herbs, stir and season, then remove from the heat and cover. The potatoes should now be cool enough to handle. Carefully scoop out the insides and put them into a bowl, leaving the crispy skins intact. These will be our stuffing vessels! Mash the insides with the milk, then stir in the vegetables, seeds, nutritional yeast flakes and mustard, adding a little more salt as needed. Spoon the mash back into the waiting skins, packing them full to bursting, and place them on an oiled baking tray. Pop the potatoes back into the oven for 10–15 minutes, until piping hot. To make the lemon and chive yogurt, mix all the ingredients together in a bowl. Serve the stuffed potato skins with a good dollop of lemon and chive yogurt on the side.

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Along the way, gorgeous photographs by Alistair Richardson on matte pages (which makes it MUCH easier to cook from) makes for an attractive presentation, and I appreciated that both the metric and US measurements are listed (many times when books are adapted for the US market, the metric measurements are left out, but I prefer to cook in metric if that’s how the book was written / tested). I also appreciate that unlike many vegan cookbooks, Lee avoids the heavily processed soy meat and cheese/dairy analogs (faux chick’n nuggets, ground “beef,” soy “cheese,” etc.) in favor of tempeh, tofu, or homemade alternatives. Whether you’re a longtime vegan, a transitioning vegan, or simply someone who appreciates good food and is looking for healthy and delicious weeknight meals, “Peace and Parsnips” deserves a spot on your shelf! (Review copy courtesy of my friends at The Experiment)

Plant-based recipes from a fun-loving, world-wandering chef you’ll want to follow everywhere! Chef Lee Watson was once, in his own words, “the mightiest nose-to-tail carnivore of them all.” But four years ago, he went completely vegan—and today, he’s an easygoing evangelist for peaceful, plant-full eating! Now, *Peace Parsnips* captures 200 of Lee’s extraordinarily creative recipes, all “rooted” in his love of life and his many travels—from the streets of Mexico and the food bazaars of Turkey to the French countryside, the shores of Spain, the spice markets of India and beyond! Twelve chapters burst with gorgeous photos (200 in all!), tempting us with Lee’s mouthwatering recipes—all meat-free, dairy-free and egg-free, and many gluten-free—that are brimming with goodness. Get set to savor: Breakfast: Plantain Breakfast Burrito with Pico de Gallo Smoothies, Juices Hot Drinks: Healthy Hot Chocolate Soups: Zen Noodle Broth Salads: Fennel, Walnut Celeriac Salad with Caesar-ish Dressing Sides: Turkish-Style Spinach with Creamy Tofu Ricotta Nibbles, Dips Small Plates: Shiitake Tempura with Wasabi Mayo Big Plates: Parsnip Walnut Rumbledethumps with Baked Beans Curries: Roasted Almond Kohlrabi Koftas with Tomato Ginger Masala Burgers More: Portobello Pecan Burgers with Roasted Pumpkin Wedges Baked Stuffed: Mexican “Pastor” Pie Sweet Treats: Raw Blueberry Macadamia Cheesecake; Dark Chocolate Beet Brownies Sauces, Dressings, Toppers other Extras: Smoky Chipotle Cauliflower Cheese Sauce; Tofu Herb Feta! Lee’s thoughtful, enthusiastic advice makes it easier than you think (and great fun) to create unforgettable meals from an inspiring array of seasonal fruits, fresh vegetables and easy-to-find staples. This is food that explodes with flavor, color and texture—and will delight and nourish everyone.

“You don’t have to be a vegan to drool over the healthy (but hearty) recipes in Lee Watson’s new cookbook.”—Health.com “Even as a carnivore, I find contemporary vegan recipes - or plant-based cooking, as it tends to be called nowadays - among the most creative and interesting . . . but I find Lee Watson’s *Peace Parsnips* especially inspiring, full of original ideas and bold flavours.”—Nigella Lawson “[Watson] writes with humor and energy about his world travels and the recipes they have inspired. The idea for a combination of warm figs and raw greens was born on a trip to Sancerre, France, but his stroke of brilliance is the decidedly nontraditional addition of what he calls lemon tofu feta.”—Joe Yonan, *The Washington Post* “Delicious, delectable, appetizing, flavorful, mouthwatering, scrumptious and tasty are all words for Watson’s first book, chock-full of interesting information, recipes, and ideas

for both novice and experienced cooks. . . . Every dish is wonderfully and colorfully displayed by photographs, assuring that they tantalize the eye and the taste buds.”—Booklist “[Watson] sets out to prove that tasty vegan food isn't an oxymoron.”—Publishers Weekly “Trust us, everyone—no matter the dietary preferences—will be satisfied by these wholesome and delicious dishes.”—TheNest.com “With a fresh perspective on vegan cooking, this unusual tome can increase the breadth of most collections.”—Library Journal “Filled with 200 vibrant, appealing plant-based recipes.”—VegNews magazine “As a long-time collector of vegan cookbooks, I'm always looking for the next great vegan chef: one who thinks outside the box and uses ingredients in new and interesting ways. Chef Lee Watson is the next great vegan chef for me, and Peace Parsnips is a sensational addition to my collection.” —Del Sroufe, author of the New York Times-bestselling Forks Over Knives—The Cookbook “With vibrant imagery and abundant creativity, Lee takes us on a rich adventure that proves that clean, vegan eating is anything but boring. Peace Parsnips is a true celebration of plant-based possibilities, and the ‘life’ these foods bring to our lives.” —Heather Crosby, author of YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful Lifestyle and founder of YumUniverse.com “Bravo to Chef Lee Watson who has us covered in this mouthwatering cookbook! Everything you need to satisfy your cravings is right here starting with breakfast and smoothies, to dips, soups, curries, burgers, and desserts. An excellent vegan pantry section is included to help guide beginners who are just starting to cook vegan.” —Chloe Coscarelli, author of Chloe's Kitchen, Chloe's Vegan Desserts, and Chloe's Vegan Italian Kitchen