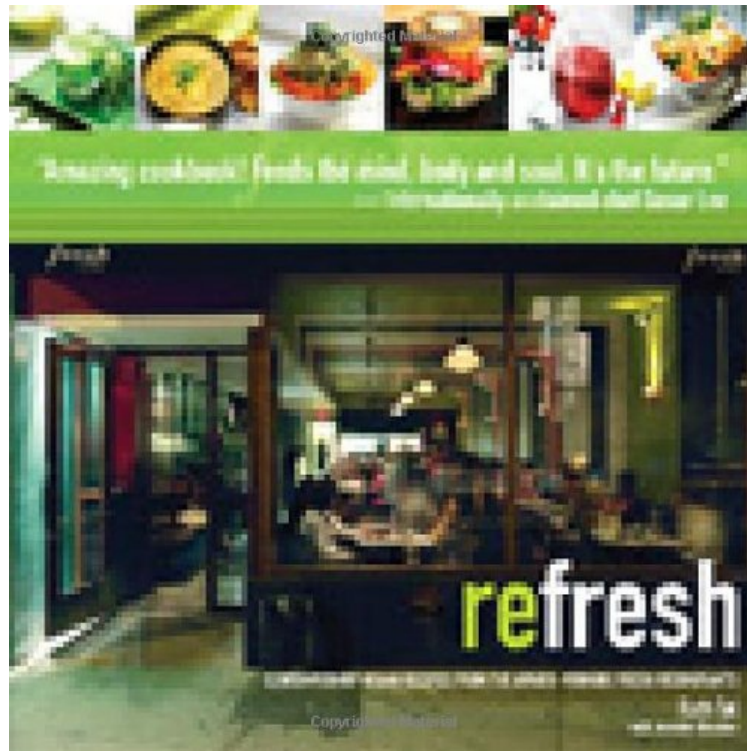


reFresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants

Ruth Tal, Jennifer Houston

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#932462 in Books 2007-04-30Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 8.46 x .59 x 8.46l, 1.38 #File Name: 0470840846224 pages | File size: 31.Mb

Ruth Tal, Jennifer Houston : reFresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants before purchasing it in order to gage whether or not it would be worth my time, and all praised reFresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants:

1 of 1 people found the following review helpful. mix match cookingBy SharonMy husband is vegetarian (not vegan) and I eat fish/seafood. I'm always looking for interesting options to add to the standard items I make for dinner. I have many of the vegetarian cookbooks but some of them are more complicated that I'd like or simply don't sound very good. Pros: There are some sauces/fillings that can be used multiple ways. I made the Curried Chickpea filling last night and used it over brown basmati rice along with the peanut sauce and Coconut Curry Sauce. The filling and sauces were easy to make so I made them all (although it was a lot of dishes to wash). Tonight, I made the Spelt Flour Dosa recipe (my first attempt at dosa) and filled it with the same Chickpea filling, Crispy Tofu Cubes (coated in yeast wheat germ) and Coconut Curry Sauce. My husband used some of the Garbanzo filling in a tortilla wrap for lunch. I'm planning to make the Thai Noodles sometime in the future. In general, the ingredients are nutrient rich and there is minimal oil involved in the preparations. Cons: 70 of the 190 pages of recipes are juice and smoothie blends. Some of them are unique and interesting, but many are too simple to be called a recipe. I suppose it is to be expected when embarking on vegan cooking, but there are a few specialty ingredients to buy to make some of the recipes - spelt flour, nutritional yeast flakes, carrot juice, tamari, etc. I wish the recipes included nutritional information, or at least

mentioned the nutritional benefits of the ingredients. Overall, this is one of my 100+ cookbooks that I actually use. Another favorite is Everyday Greens by Annie Somerville. 1 of 1 people found the following review helpful. This book is Absolute Bargain! By Steve H. I can't believe they don't charge more for this book! This year I have purchased about 6 vegetarian/vegan cookbooks that had 30+ rave reviews prior to this one but this one beats them all--- hands-down! I have so far tried 3 out of the numerous recipes and they have been consistent and wonderfully delicious! I really likes how they don't focus a lot on mock-meat or soy-based products but instead mix it up with seeds, nuts, spices, and textures. Proof of true ingenuity in the chef rather than that "remake vegan" mantra like so many other books fall prey to. The recipes in this book reflect fresh food that tastes good. The pages are full of modern profiles with rather easily accessible ingredients (I live in the suburbs 1 hour from nearest Whole Foods or like store but there is a Walmart and a tiny asian market in my town which suits most pages in this book and I naturally have a well stocked pantry with diverse grains). Food is colorful and fresh tasting and the pictures look inviting and, well, my dish looked exactly like the picture which was cool! Buy it, you won't regret it! 1 of 1 people found the following review helpful. some of the best vegan recipes i've come across... By jenny lukasik I turned vegan a little over a year ago, and cannot believe it took me this long to find this book! originally got it from the library, loved all the recipes so much had to keep renewing it. eventually i thought, i'll just buy myself a copy! what a great \$8.

One of Canada's hottest restaurants puts a Fresh spin on vegetarian cuisine! Toronto's Fresh restaurants are consistently rated as among the most popular restaurants in the city. Appealing to vegetarians, vegans and those who enjoy meatfree meals as part of a healthy diet, Fresh has evolved from a humble juice bar into a chain of three dynamic and gorgeous downtown restaurants. reFresh is a new edition of Ruth Tal's first book, Juice for Life (Wiley 2000, 978-0-7715-7690-4). Completely revised and updated, reFresh offers the reader a sumptuous selection of the best recipes found on the restaurant's menu today, all in a gorgeous full colour package that reflects the award-winning style and design of the restaurants themselves. New in this edition: Over 100 of the latest recipes from the three Fresh restaurants A fresh new design that calls attention to the health benefits of various menu items Information on nutritional supplements that can be incorporated into the recipes for an added boost! Up-to-date information on buying and using a juicer at home A complete recipe index A new foreword by renowned chef Susur Lee

About the Author Ruth Tal (Toronto, ON) is the founder of the Fresh chain of restaurants located in Toronto. Jennifer Houston (Toronto, ON) is the co-owner and head chef of Fresh.