



Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook

Dahlia Abraham-Klein (Foreword) , Stephanie Weaver (Foreword)

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"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.

Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook Details

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From Reader Review Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook for online ebook

Dee Maselle says

This is a beautiful, accessible book packed with a rich variety of veg recipes (and pretty pictures) inspired by cultures across the Silk Road network. The ingredients are practical even if you aren't an avid CSA participant like the author (you might have to explore the bulk and organic aisles of your supermarket, or substitute a different kind of rice or oil). You don't have to be a kitchen expert for most of the recipes, though I'd recommend a food processor. I want to try pretty much everything in here in my efforts to eat less meat, and it will be a pleasure, not a privation. Tops so far is the walnut-and-zucchini based "Bukharian Vegan Chopped Liver," which I marketed to my family as "Tangy Walnut Tomato Dip" with pita triangles.

Andrew says

I am neither a vegetarian nor am I on a gluten free diet. What I am is really enjoying cook with this book. The recipes are flavorful and easy to whip up when you are in a hurry. It is a good cook book which I am glad to add to my shelf with my other cooking books.

Peggy says

Firstly - I am not vegetarian nor do I require a gluten free diet. But my family always tell me that we should eat less meat and try to cook more vegetarian. I can't help but agree. I don't know many vegetarian recipes, and what I do know just conjures up an image of boring. I am pleased to tell you that this book put my perception of boring vegetarian recipes completely on it's head. I loved the vibrant and exciting recipes here.

At the beginning, a short intro story, the spice pantry and basic preparation methods are explained. Pictures come with every recipe.

One of my main problems with cookery books is that often there are a lot of ingredients to buy at great expense which you only ever use once, and they are difficult to get hold off. However, I know from personal experience that the ingredients used here are easy to get hold off in Asian sections in every supermarket, and/or, if you are in the UK, in India/Pakistani food shops. Once you have a bag of, lets say, turmeric power, it will last forever, and won't cost more than £2.

I'm not a trained chef and not even a very sophisticated domestic cook but found this book very appealing and easy to use without being too 'basic'. If you want to give vegetarian a try and have given it a miss so far for being boring, try this book

More detailed review on my blog:

<http://thepegsterreads.blogspot.co.uk...>

Michelle Roberts says

I have really enjoyed cooking from this book, and learning more about spices. Since reading this I've been slowly accumulating spices and using things like cardamon and fresh tumeric for the first time. I also found the author's family history interesting. I'd highly recommend this book, vegetarian or not.

Molly says

Reading this book makes me hungry. The author fills in the space with anecdotes about her growing up years.

Sam says

What a wonderful cookbook. Everything I've made from here has been delicious. I especially love the herb stew and stuffed acorn squash recipes. This cookbook is good because it is very specialized and unique: vegetarian, healthful, ethnic, gluten free. I also like the introduction in the beginning about the author, she seems really cool. Plus, many of them use ingredients that are easy to find in non-specialty grocery stores which is always a plus when cooking ethnic foods.

A. says

The back of "Silk Road Vegetarian" tells readers they will be embarking on a "Central Asian culinary adventure," and that's exactly what this book is - a delicious adventure. For those who wish to cook their way through it, Abraham-Klein brings the North American reader into both an ancient, traditional world that she has combined with seemingly very modern sensibilities - mostly gluten-free recipes that rely heavily on local, seasonal food and vegetarianism. (Abraham-Klein explains that relying on local, seasonal food and vegetarian food have always been very much a part of central Asian culture, but as a North American reader, these things are unfortunately considered somewhat modern/in vogue here).

Even though I am kosher, gluten-free, and a vegan (which this book is seemingly perfect for!), I'm a bit embarrassed to admit that it took reading through "Silk Road" twice for me to get up the courage to make any recipes. I'm typically hesitant to make "ethnic" recipes because finding the ingredients can be time consuming, and it's all too easy to butcher such recipes. But, one Thursday night I had no idea what to make and looked through my refrigerator and pantry, only to find that I had enough of the standard ingredients to make a Central-Asian themed Shabbot (sorry, I forgot to take pictures). I made "Most Laboo" (Minted Beet Salad - pretty easy to make, very very good, and beautiful!) and Harira (Lentil-Tomato Stew). The Harira came out beautifully, and the chickpeas were especially noteworthy because they became both delicate and almost silky soft because of the long simmering time.

Some other fantastic facets of "Silk Road" include:

-Accessibility: The recipes have easy to follow and well-written instructions, are generally inexpensive, and can be made year-round. Most importantly - they aren't time consuming!

-Buying Guide: Abraham-Klein provides a terrific buying/explanatory for ingredients - this is not a book filled with recipes that will put you in debt! Most of the ingredients can be accessed easily via your local grocery store, bulk health food store (like rice, lentils, and beans), or on the internet. No ingredient in this book left me scratching my head or going, "what?" - which is a nice change from many "ethnic" cookbooks. The buying guide will also be useful for making recipes outside of this book, as well!

-Recipe Origins: Abraham-Klein explains the origins and significance of each recipe in its original culture.

-Vegetarian: Even though it says "vegetarian" 99% of the recipes are vegan or can be easily veganized. For instance, I used homemade "Greek" yogurt to make Most Laboo and it turned out spectacularly!

I definitely plan on making more recipes soon, particularly the Red Lentil Falafel, Persian Bean and Noodle Soup, Raw Beet Salad in Lime Vinaigrette, Persian Eggplant Stew, Afghan Risotto, Shwarnma-Spiced Potato Wedges, Afghan Cauliflower Curry, Cardamom Banana Bread, and Red Cabbage Slaw with Tahini Dressing.

I want to emphasize that eating through "Silk Road.." isn't the only way to enjoy it either! The myriad of beautiful pictures and stories are equally pleasurable. I loved hearing about Abraham-Klein's family's journey through Central Asia, particularly the parts that aren't as well known to North American Jews - like the "stans." I'm Jewish and after reading some of Dan Mayland's novels (<https://www.goodreads.com/author/show...>) I became interested in Central Asia and it's Jewish communities. But, without a plane ticket or a few thousand dollars to spare, I didn't have the ability to "explore" this region any further until I won "Silk Road Vegetarian."

My only criticism is about the book physically - it doesn't stay open easily despite the "flap." It would be SO much easier to use if it laid flat. My only criticism of the author is that she has yet to open a restaurant - so you will have to get cooking if you want to try any of this amazing food!

I won this book as part of a competition via kosherye.com - but that did not influence my review.
