



# Vegan Eats World: 300 International Recipes for Savoring the Planet

*Terry Hope Romero*

Download now

Read Online ➔

# Vegan Eats World: 300 International Recipes for Savoring the Planet

*Terry Hope Romero*

**Vegan Eats World: 300 International Recipes for Savoring the Planet** Terry Hope Romero  
What *If* the World Was Vegan?

The true building blocks of cuisines across the planet are the spices, herbs, and grains—from basmati rice to buckwheat, coconut to caraway seeds. Apply those flavors to vegan staples such as seitan, or tofu and even straight-up vegetables, and the possibilities? If not endless, pretty darned expansive.

So what if the world was vegan? Your own cooking is the answer to that question; fire up the stove and make a green curry, simmer a seitan date tagine stew, or hold a freshly made corn tortilla piled high with chile-braised jackfruit in your hand. Chart your course in the great, growing map of vegan food history. Award-winning chef, author of *Veganomicon*, and author of *Viva Vegan* Terry Hope Romero continues the vegan food revolution with more than 300 bold, delicious recipes based on international favorites. With chapters devoted to essential basics such as Spice Blends; The Three Protein Amigos; and Pickles, Chutneys & Saucier Sauces, you can make everything from salads to curries, dumplings and desserts. *Vegan Eats World* will help you map your way through a culinary world tour, whether you want to create a piergoi party or Thai feast, easy Indian chaat lunch or Your International House of Dinner Crepes.

## Vegan Eats World: 300 International Recipes for Savoring the Planet Details

Date : Published October 30th 2012 by Da Capo Lifelong Books (first published January 1st 2012)

ISBN : 9780738214863

Author : Terry Hope Romero

Format : Hardcover 376 pages

Genre : Food and Drink, Cookbooks, Vegan, Cooking, Food, Nonfiction

 [Download Vegan Eats World: 300 International Recipes for Savorin ...pdf](#)

 [Read Online Vegan Eats World: 300 International Recipes for Savor ...pdf](#)

**Download and Read Free Online Vegan Eats World: 300 International Recipes for Savoring the Planet** Terry Hope Romero

---

# **From Reader Review Vegan Eats World: 300 International Recipes for Savoring the Planet for online ebook**

**Vidya Tiru says**

Vegan Eats World – I love books and I love cooking (actually, that is stretching the truth a little but I do love trying out recipes around the world!) and I am vegetarian, so picking this book out of the NetGalley RCs to review was a no-brainer. And I am soooo glad I did. This book is a gift – not just for vegans but for everyone and a treasure for beginner cooks. You can take a culinary trip around the world right through it's pages. This book is proof that vegan food can come from anywhere in the world and is totally not boring.

The book is divided into three parts with helpful hints on symbols used throughout the book. Terry wonders what it would be like if the world turned vegan at the start of the book! That is a must-read. She has a helpful 'How to use this book' section at the beginning with symbols used for each recipe, each symbol meaning something – like low fat, beginner, no soy, and other such useful information for cooking and this proves very helpful.

Part one is a boon – it includes lists of ethnic ingredients(tips on storing/buying them as well as substitutes), super-helpful shopping lists, descriptions of various kitchen equipment and their uses, and clear descriptions of basic cooking terms used in this book (like deglazing and many others). There have been so many times when I have wondered what a cooking term in a recipe meant or what I could use as a substitute for a basic ingredient in a recipe since I did not have it. This section covers it all – it answers questions I did not know I had!

Part two is the 'meat' of the book – the recipes. The recipes are divided logically into chapters – with chapters covering basics like spice blends; yummy chutneys and spreads; hearty meals; as well as , according to me, the most important of all – a whole chapter devoted to desserts! The daunting task of choosing one recipe to make from this delicious selection is made easy for the reader, the cook by using the friendly icons described at the beginning of the book and by menu ideas at the end of the book. Armed with this, you can cook up meals everyday of the week for yourself, your family or your neighborhood with no problems! The problems will arise when your family and neighbors clamor for more. Terry's recipes have clear directions and she includes information and tips with each recipe as well as for each chapter which makes them not only easy to follow but also a fun read. The photos in the book (not one for every recipe, unfortunately) add to the yum appeal of the book.

I have already tried a couple of the recipes from the book and loved them – the first one I tried was the 'Savory Baked Tofu' – a simple choice for me since the kids love tofu, the icons said minimal cooking time, easy and I had the ingredients at hand. I also tried the 'Roasted Cauliflower with Mint' with similar results – kids who do not care too much for cauliflower loved it! I have no photos of the recipes tried so far as the troops needed feeding!

Part three at the end of the book includes useful menus for planning your meals, online resources as well as a listing of recipes by icons (example: beginner, low fat etc). This is definitely very useful for me as I spend a lot of time planning menus for each week, for parties and this will save me tons of time!

Healthy, yummy, easy-to-follow recipes in a book that is fun to read and so informative and useful as well!  
A definite must-have for every kitchen – vegan or not.

Rating: A+

Disclaimer: Thank you to NetGalley for sending me a digital review copy of the books. My thoughts on this book were in no way influenced by the author or publicist. They are my personal opinions formed when I read this book.

---

## Sfdreams says

Oh.My.God!! This has become one of my all-time favorite cookbooks. My fingers are itching to actually try out the recipes. The only reason I am posting before trying the recipes is that I won this as an early birthday present from the Vegan Cookbooks group, and I wanted to post before the publication date of October 30.

It arrived on the 23rd. I have been carting it around with me since then, showing it off to friends. I think the very first recipe I will try is the Ethiopian Chocolate Flourless Torte (p.340), which I hope to make soon to celebrate my past birthday. (If I don't make my own birthday cake, I don't get a homemade one-might get a store-bought one if I am lucky.) I am not one who usually likes cakes so much...they are okay with ice cream (dairy-free, of course!) I much prefer tortes and pie. And I ADORE chocolate!! I am curious about the "smoky berbere spice" that the Ethiopian Torte contains. Sounds delicious! I may have to eat the whole thing myself though--I don't have very many food-adventurous friends! (May not be a bad thing! ;-D )

I really appreciated the way the cookbook was laid out. Contents were listed at the very beginning of the book, with recipes listed as they appear in the book. Also, at the back of the book, the author has listed recipes by icons: Beginner Cooking, Gluten Free, Lower Fat, On a Budget, Quick and Easy, Sit Back and Simmer, and Soy Free, making it easier to find a particular type of recipe. This is something that I have never seen in a cookbook before, although this is the first I have read by Ms. Romero. Also at the back of the book she listed several menu suggestions, including some specifically for parties (I may just have to host a International Super Bowl Party this year!) Others I may have to try are: Ethiopian Mesob Not to Be Missed, Pumpkin Kibbe Surprise Lunch, Homestyle Chinese Takeout Menu, Thali Up! (Mix'n'Match Indian and Sri Lankan Curries), and especially appropriate this time of year: Indian Thanksgiving.

Another feature of the cookbook I really enjoyed was the Kitchen Cartography, where she goes into all the nuts and bolts of cooking: from how to cook efficiently (laying every thing out, how to chop, dice, peel garlic etc.); to what the different ingredients are; to generic shopping lists for different ethnicities; to kitchen equipment. I know how to cook, I mostly enjoy baking more, so the how-to section was helpful to me. I've never been a fan of tofu (when people find out I'm vegetarian, they often remark that they couldn't "do" tofu, and are surprised when I say I don't like it either!) I guess to be more accurate, I don't like the texture of fried tofu that I've gotten in Chinese and Thai restaurants. Other than that, I have nothing against tofu per se. I HAVE enjoyed seitan dishes in restaurants, and am looking forward to try to make seitan myself at home following her directions.

There are very few recipes in this book that don't appeal to me. I don't like savory ingredients mixed with sweet (so I am not a fan of chutney and BBQ or anything with ketchup), and I didn't find many of those in this book. There are too many that I would probably like to list, but a sampling of the ones I most would like to try are:

**Spice Blends:** Sichuan 5-Spice Powder, Toasted Rice Powder, Berbere Spice Blend, Spiced Buttery Oil (Niter Kebbeh)

**The Three Protein Amigos: Tofu, Seitan, & Tempeh:** Seitan Coriander Cutlets, 5-Spice Seitan, Lemon

and Olive Chickpea Seitan, and I \*may\* be brave enough to try Savory Baked Tofu! The one time I tried tempeh, I didn't like it--I probably won't try the tempeh recipes.

**Pickles, Chutneys, and Saucier Sauces:** Cilantro Chutney, Green Tahini Sauce, Toasted Hazelnut Crunch Dip (Dukka), Cashew Yogurt Sauce, Sour Dilly Cream, and I am especially eager to try the recipe for Cucumber Tzatziki!

**Salads, Spreads, and Sandwiches** This section (except for the Soups section) may be my main go-to section. Some of the recipes I plan to try include: Coconut Kale Summer Rolls with Peanut Sauce, Greek Village Salad with Cashew Faux Feta (Horiatici Salad), Bittersweet Apple and Endive Salad, Pistachio Date Quinoa Salad, Roasted Pumpkin Salad with Dukka, Garlicky Potato Dip (Skordalia), Sweet Autumn Toasted Pita and Kale Salad, Seitan Gyro Roll-Ups

**Soups** This is the time of year I especially begin craving soups--when the weather turns chilly. Some I look forward to trying are: Zen Spinach Wonton Soup, Black Bean Soup with Roasted Poblanos (though I would leave off the recommended Pickled Red Onions), Masala Potato Soup, Like an Egyptian Lentil Soup, Sauerkraut Mushroom Soup (ShChi)

**Curries, Hearty Stews & Beans:** Pumpkin Coconut Curry, It's Easy Being Green Curry, Pumpkin Black Bean Posole Stew

**Dumplings, Breads, & Pancakes:** Potato Pierogi with Fried Onions, Afghan Pumpkin Ravioli with Spicy Tomato Sauce, Turkish Zucchini Pancakes (Mucver), Filo Samosas, Jamaican Curry Seitan Patties

**Asian Noodles to Mediterranean Pasta:** Curry Noodle Soup with Oyster Mushrooms (Curry Laksa), Pad Kee Mao (Spicy Drunken Noodles), Takeout Stir-Fry Noodles with Mushrooms and Greens, Pad Thai with Avocado and Spicy Greens, Greek Eggplant Lasagna (Pastichio "Vegani")

**Hearty Entrees:** Gyro Roasted Seitan, This is Sparta! Spinach Pie, Moroccan Vegetable Filo Pie (Bisteeya), Ella's Buck Wild Stuffed Cabbage with Sunflower Cream Tomato Sauce, Fluffy Scrambled Chickpea "Eggs" with Shallots (But'echa), Jerk-Roasted Seitan Strips

**Robust Vegetable Entrees & Sides:** Roasted Eggplant Marsala, Lemon Garlic Potatoes, Yu-xiang Eggplant (Sichuan Spicy Eggplant), Luscious White Bean and Celery Root Puree

**Rice and Whole Grains: One-Pot Meals & Supporting Roles** This section includes basics of cooking rice, and some basic rice recipes. Some of the recipes that I'd like to try include: Steamed Sticky Rice (one of the basic recipes that she includes, but that I enjoy and have never tried to make), Lemony Dill Rice, White Rice and Black Beans, Island Brown Rice and Peas, Colombian Coconut Lentil Rice

**Sweet Beginnings** besides the Chocolate Torte mentioned above I'd like to try: Walnut Spice Sticky Cake, Pumpkin Churros (although I don't care much for fried food, these intrigue me!), Carrot Semolina Halva, Vanilla Coconut Sticky Rice with Mango, Italian Cashewcotta Cheesecake

Whew! It might take me over a year to work my way through this! I look forward to the opportunity! Thanks again, Vegan Cookbook Group and Da Capo Press for this book!

---

## Darren says

Here is a book that left this reviewer with mixed feelings. A sort of confusion if you like.

The concept itself is simple. Hundreds of recipes that are suitable for a vegan diet, underscored by an ecological motive to 'save the planet.' It is just a question as to whether this book was 'preaching to the converted' as there seemed to be, at times, a bit of a clash of identities and meanings.

Beginning with a fairly heavy, slightly oppressive, fundamentalist manifesto for veganism this book managed to annoy this reviewer in quick order and if he did not have to read the book regardless it probably would have been cast aside. Those who are vegan will already be converted to the cause and those who are

wavering or just considering adding some vegan recipes to their food repertoire without fully eschewing meat might feel hectored. It just feels wrong and a bit too pushy, which is a shame as undoubtedly the sentiments come from the heart and there can be many valid points within the introductory text. The best way to describe the feeling is to consider an unwelcome visitor on your doorstep pushing their religious beliefs whilst letting enthusiasm get in the way of their presentation. That said, fortunately there are not many pages in this vein before a sense of normality comes back to the book. ?

The reader is then taken truly back to to the first step, should it be necessary, with an introduction on how to cook - or "Kitchen Cartography: Mapping Your Way To A Brave New Vegan Cuisine" as the author calls it. It is more than an overview of vegan cooking and how it might differ (for those who are coming from a non-vegan lifestyle). It even teaches you things such as how to cut vegetables (!). Food ingredients, cuisine styles and typical kitchen equipment are also considered in great detail. For the unwary or the inexperienced cook these can be a essential reading and should this level of detail not be necessary it is easily bypassed.

So the recipes? After several key spice blends it is time to look at the 'three protein Amigos' as tofu, seitan and tempeh are referred to. After that the recipes are split into chapters for pickles, chutneys and sauces; salads, spreads and sandwiches; soups; curries, stews and beans; dumplings, breads and pancakes; asian noodles and paste; entrees; vegetable entrees and sides; rice & whole grains and one pot dishes and finally sweets.

The recipes themselves are great both in variety, scope and likelihood to please. It is just a shame, contends this reviewer, that the introductory text managed to set things off on the wrong foot. Each recipe is concisely presented with a series of icons that identify various things like a typical maximum cooking time, whether cheaper ingredients are used, level of difficulty, low fat and various allergy-specific information. Recipes are also cross-indexed by these icons later on in the book and this seems a great approach that other books should emulate. The instructions are clear and to the point. For the unwary though, there are no full colour images of each dish - this might be a deal breaker for some.

After all of this a number of sample menus, various online resources and a detailed series of indices are offered up to round off the book.

Overall as a package, this reviewer is not so sure if it works, mostly due to the hectoring tone taken at the start of the book. As a collection of recipes, if one can ignore the start, this might be a great little collection of recipes both for the die-hard vegan and also for even meat-eaters who are happy to broaden their horizon and see that veganism is not automatically a boring, tasteless means of eating. This reviewer though feels that many casual browsers will be put off the book thanks to the start and that would be a shame.

Vegan Eats World: 300 International Recipes for Savoring the Planet, written by Terry Hope Romero and published by Da Capo Lifelong Books/Perseus Books Group. ISBN 9780738214863, 400 pages. Typical price: GBP12.50. YYY.

// This review appeared in YUM.fi and is reproduced here in full with permission of YUM.fi. YUM.fi celebrates the worldwide diversity of food and drink, as presented through the humble book. Whether you call it a cookery book, cook book, recipe book or something else (in the language of your choice) YUM will provide you with news and reviews of the latest books on the marketplace. //

---

## Kelly says

**"What if the world was vegan?"**

*(Full disclosure: I received a free copy of this cookbook for review from the publisher. Also, you can read*

this review **complete with photos** on my blog.)

"Wherever it's eaten, meat basically remains the same - it's plant foods that transport our senses. Apply those flavors to vegan staples such as seitan or tofu and even straight-up vegetables, and the possibilities? If not endless, pretty darned expansive."

As a semi-reformed fussy eater, I was both nervous and excited when Da Capo Press offered me a copy of Terry Hope Romero's *Vegan Eats World: 300 International Recipes for Savoring the Planet* for review. Nervous because I knew that many of the recipes contained therein would fall outside my comfort zone and challenge me to try new things - and excited for the same.

The recipes in *Vegan Eats World* run the gamut: there's everything from soups and sammies to spring rolls, dumplings, and pierogies. Crepes, breads, and pies, of both the sweet and savory persuasions. Tofu scrambles, gyros, curries, and noodles. French tarts, Greek lasagna, Ethiopian tortes, and Egyptian soup. Romero traverses the globe in search of traditional dishes to veganize and otherwise "hack," combining different ingredients and foodstuffs in exciting and unconventional ways. The result is a hodgepodge of recipes which hail from South America, Europe, Asia, and Africa, and are as mouth-watering as they are varied. There's literally something for everyone here!

Since I did the majority of my review-cooking in the early autumn, just as the leaves were starting to fall - and the temperatures, descending with them - I zeroed in on the soups and stews pretty quickly: **Greek Creamy Lemon Rice Soup** ("No" Govlemano), served with **Yogurt Naan Griddle Bread** (yum!);

**White Bean Farro Soup with Chickpea Parmigiana** (Italian, with a Tuscan flair);

**Like An Egyptian Lentil Soup** (holy onions, Batman!);

and **Beer-Bathed Seitan Stew and Oven Pommes Frites** ("a vegan riff on Belgian carbonnade à la flamande").

If you asked me to, I'd be hard-pressed to pick a favorite; the Greek Creamy Lemon Rice Soup, White Bean Farro Soup, and Like An Egyptian Lentil Soup were all amazing - even if I did make a slight adjustment to that last one. The lentil soup calls for a whopping four onions, three of them caramelized in a skillet. Even my largest pan couldn't fit that many, so I reduced it to two red onions instead. The result is mega oniony, but quite good. Maybe four isn't as out there as I first thought?

The seitan stew was tasty too, though I haven't yet gotten used to the mouth feel of seitan when used in stew, where meat-eating me used to enjoy stringy, beefy things. (Think: Dinty Moore Beef Stew.) What can I say? Fussy eating habits die hard.

The husband, aka the resident seitan-maker, made both the **Seitan Coriander Cutlets** required for the stew, as well as a batch of **5-Spice Seitan** for himself.

The former is baked; the latter, steamed. While relatively non-fussy, both require copious use of aluminum foil, which we didn't love. (Aluminum foil is pretty much a single-use dealio, and I hate throwing things out!) Usually he sticks with stove top recipes (boil the dough and then reuse the broth in rice; so good! and thrifty!), but I guess these recipes were specifically designed to free up valuable stove top real estate. Seeing as we usually make seitan a day or two in advance of when it's needed (the extras freeze well, and the

husband keeps a small stash in the fridge for impromptu burritos), this isn't really a concern, so we'll probably try to adapt these recipes for the stove top, or mash 'em up with some of our go-to boiled seitan recipes.

But let's return to that **Naan bread** for a second! It was so tasty, y'all! It's baked in a cast-iron skillet on the stove top, which is easier than it sounds but also hella smoky. I'm kind of surprised my smoke detectors didn't go off, now that I think about it. But the result is so good: fresh, warm, comforting carbohydrate goodness. It was excellent with the Greek Lemon Soup, but even better for making quickie single-serving pizzas and hummus sammie wraps. Since the naan bread is so thin and pliable, it's even better than my usual base of pita bread!

Another favorite was the **Turkish Zucchini Pancakes** ("Mucver"; shown here with leftover White Bean Farro Soup).

I've made pancakes with zucchini from my garden a million and one times now, but this proved to be my most successful attempt at veggie pancakes *ever*. Perhaps it was because I actually took the time to wring the zucchini shreds instead of just throwing them in a colander and trusting gravity to do all the work? (Pro tip: a nut milk bag is aces for this.) Who knows! All I can say is that these were some delicious - and stable! - pancakes.

For dessert, I went with the **Tenacious Tart Tatin (French Caramelized Apple Tart)**, on account of I'm swimming in apples every fall. (Five apple trees will do that to a girl.)

The tart was fairly easy (though time-intensive) to make, but very sweet. Even for me. And I LOVE sweet things!

Also, I'm not sure my "caramel" got as thick as it was supposed to - even after cooling, it remained the consistency of a thin maple syrup. After a day it had mostly been absorbed by the crust for a slightly less messy meal, but it was no less sweet. Ah, well. The poached apples were stellar, at least!

But my most favorite dish by far just so happened to be the first one I tried. (Hey, I know what I like!) Surprise, surprise: it involves pasta.

The **Pastichio Vegani** - also known as **Greek Eggplant Lasagna** - is just amazing. AH-MAY-ZING. "Worth the purchase price of this book alone" amazing. Seriously, I cannot talk this recipe up enough.

It's kind of a mashup between spaghetti pie and lasagna, but with a tubular pasta at the base - so no laboring over a giant, steaming hot cauldron, gently stirring giant lasagna noodles while whispering a prayer to the great Spaghetti Monster in the sky that they'll come out with minimal rippage.

The top, cheesy, crispy layer is what Romero calls an "almost-Bechamel topping." It's a tofu and cashew-based cheese that's cooked until it's firm and crispy brown on top. You guys! I could seriously just eat the cheese by itself.

Then there are two layers of pasta slathered in a roux sauce (again, the roux is so surprisingly tasty that I could eat it as is) separated by a layer of chunky veggie sauce with mushrooms, tomatoes, onions, and garlic. The sauce has a special surprise: a quarter teaspoon of cinnamon, complemented by the nutmeg in the almost-Bechamel topping. I have to admit, I was a wee bit nervous putting these two spices in pasta; it's not my usual way of doing things. But the end result was pretty awesome: the cinnamon gives the sauce an extra



kick that's spicy, but not hot; and the nutmeg just rounds the cinnamon out. Hella good.

My favorite part, of course, are the corners:

Next time I'm totally gonna make this in a brownie pan. **THEY'RE ALL CORNERS!**

While some of the recipes appear daunting at first glance (with medium-long ingredients lists, some of which are heavy on less- or unfamiliar ingredients), for the most part I found Romero's directions straight-forward and easy to follow. I groaned inwardly every time a recipe directed me to a second recipe for one of the ingredients, but ultimately none of the dishes were as difficult as I'd feared. Those that were a little more labor-intensive, such as the Greek Eggplant Lasagna, were 100% worth it, and then some. And you can always lighten your load by buying some items (such as the seitan) premade.

Given that this is an international cookbook, many of the recipes include ingredients that will require a trip to a specialty ("ethnic") foods store and/or some searching online. If you live in a moderately large city, this won't prove an insurmountable obstacle; those in rural areas might have more of a challenge, though.

Take me, for example: I really wanted to try some of the Asian dishes, but since I live a one-hour drive outside of Kansas City (and thus an Asian market), these menus will take an extra bit of planning. I remember when I reviewed Donna Klein's *The Chinese Vegan Kitchen* a few years back: Shane drove two hours into the city just to visit its Asian food store, and returned with enough items to stuff our fridge to overflowing - which we had to speed-eat in all of ten days, before some of the perishables began to expire. A tasty chore, but exhausting.

In this vein, I also appreciate that Romero includes recipes for spice blends, sauces, and (especially!) vegan meats - this is super-handy for those who don't have ready access to a vegan-friendly market, or who just want to save a little cash monies by making these items from scratch. (Pro tip: buy wheat gluten in bulk. You can store the excess in a freezer to keep it fresh!)

In order to make meal planning easier, Romero offers a list of suggested menus at the back of the book. Additionally, the recipes all bear various icons which designate the following: dishes that take less than 45 minutes to prepare; dishes that need not be babysat; dishes with inexpensive ingredients; dishes that are suitable for novices; dishes that are low on oil; dishes that are gluten-free; and dishes that are soy-free.

For those who enjoy gorgeous gourmet food photography, *Vegan Eats World* features some full-color photos, though the majority of the recipes are not accompanied by pictures. (This isn't a deal-breaker for me, but I know that some people simply must have a photo for every recipe.) I love the new montage cover on the paperback edition, but the hardcover edition is probably the wiser investment - it's more likely to stand up to all the use and abuse it's sure to see. Already the cover on my copy is starting to bend around the edges. (I usually avoid hardcover books, cookbooks being the sole exception.)

Overall, I quite enjoyed *Vegan Eats World* and suspect that my copy will see a lot of use. Some of the dishes are a little on the spicy side for me (I'm a giant, woman-sized baby when it comes to hot spices), but it's easy enough to adjust or eliminate certain seasonings to taste. (Jalapeños, I'm looking at you!)

My only complaint? The index is kind of so-so. Oftentimes I found it difficult to locate a certain recipe, whether searching by title or ingredient. For example, there's no entry for "zucchini," and the Turkish Zucchini Pancakes are only listed under "pancakes" and "Mucver." The categorization isn't very intuitive, and had I wanted to cook from my pantry - which I often do - I would have missed the zucchini pancakes

entirely. I'm really fussy when it comes to the index, though, so grain of salt.

*Vegan Eats World* is probably most suitable for moderately experienced cooks; I suspect that newbies might be intimidated by the many unfamiliar and occasionally hard-to-find ingredients. Buy it for: adventurous cooks, vegan or non; vegans who yearn for more than just pizza and veggie burgers; and European, Asian, Indian, and Latina vegans who'd love to veganize the comfort foods of their childhoods.

<http://www.easyvegan.info/2014/11/13/...>

---

### **Anna says**

This book has many good features (such as introducing many ingredients to many new readers, gorgeous photography, having food ideas from around the world etc), but it leaves me a bit uncertain and disturbed.

Some things can't be made vegan and still be called the same thing than their inspiration was. Imagine vegan thanksgiving turkey, vegan lamb, or vegan chicken something? Exactly. (Fine, call it tofu something or a TVP "larb" but it's not the real thing. )

I would have given this 4 stars (and I hate rating cookbooks and biographies), but ~~two~~ three things annoyed me enough to get it to 3 instead; the abundance of seitan anywhere (while this book had also a great idea of having a lot of gluten free alternatives. Good luck finding a gluten free seitan!), the font used for the recipes - and most importantly: while you bothered to take the effort to introduce all the exotic ingredients including teff, why on earth would you give an *injera* recipe that doesn't use teff? Injera made without teff is crepes or blinis, please don't call it injera.

---

### **Melissa (YA Book Shelf) says**

Wow. I had the opportunity to be a cookbook tester for this book when it was still in it's incomplete stage, meaning that I gave feedback to the author for each of the recipes that I tested. And I tested a lot. About 34 recipes in all to be exact.

In this book, Terry has created a lush world with vegan versions of food from all over the planet. Like Latino cuisine? As with her first solo cookbook project, you'll find some great dishes. Interested in the culinary traditions of Japan, China, Korea, India, the Philippines, Ethiopia, Lebanon or the Mediterranean (and of course beyond all these limits)? Then you'll want to check out these recipes. From traditional breads, savory entrees, and fantastic soups to mind blowing desserts, sauces, and noodle dishes, there is so much to experiment with, so much to enjoy.

If you like vegan food, you'll love this book.

---

### **Becca says**

I'm not just rating this 4 stars because I like Terry's books. I'm rating it 4 stars because I tested this sucker for

weeks. And because during that time I ate my weight in international vegan delights. And - most importantly - because the recipes are damn good.

For me, the best thing to come out of this book is the amazing cheesy topping made from chickpea flour (I know, I need to look up the name). And the awesome spice blends. And the deserts... Oh, man.

The only reason for the missing star is that some of the ingredients are a bit harder to find - but it is worth it to go that extra mile when the results are so delicious.

---

### **Robert Seitz says**

Is writing a review of a cookbook proof that I am at last over the hill?

Something about this book warms the world for me, and reminds my that 'my people' are all over the place, in every aspect of life, just because... time. So many books in this arena dwell on either creating replacements of traditional dishes, making a show of costly health food chain or just gourmet ingredients, or have a taste for daily eating that comes across as something like a giant revolving salad.

I fell for this book because it delivers something familiar, by someone who likes to explore their city, a city crammed with the flavors and influences of many cultures. I don't know what it's like to grow up without several different community's grocery stores within driving distance. I can think of seven markets serving different cultures, where business is routinely conducted in another language, within five miles of me, and this is a kind of paradise. (And these are the ones I frequent, I'd guess the actual number is between 50 to 100). Honestly a health food store is a secondary option when you know the staples and prices of fresh vegetables and spices bought right from these local spots, and a lot of useful, ancient resources for this way of eating are missing from them, or just repackaged and marked up!

Romero not only delivers a palate that matches my idea of comfort food (one without borders), the meals are hearty and consider daily eating on a realistic budget, in a real city, with a touch of humor on every page that makes the whole thing feel like a real home. I want to say... it's like a real American table, as I've known it, does that sound weird? I tend to check cookbooks out from the library just to copy out one or two recipes... being a food adventurer, I rarely need a cookbook. But this is one that I had to own, meaning it's not only useful and practical, it has really good ideas that fit into my style of eating.

---

### **Anna says**

ALLES wat ik hieruit gekookt heb was een hit. Verstokte vleeseters voer ik de Belgische stoofpot, hoor je niks meer van.

---

### **Shannon says**

(ARC copy generously provided by NetGalley)

Oh, Terry Hope Romero, what you do to me. I'm sitting here, looking through *Vegan Eats World*, and all I want to do is drop everything and run out to buy things like chickpea flour and pomegranate molasses and any number of international condiments so I can try every single recipe in this amazing cookbook.

I began making notes on recipes I wanted to mention in my review and halfway through the book I was at 58 recipes, probably 85% of what I'd seen thus far. And those ones I didn't list were excluded simply because of the perceived challenges of getting all the ingredients. I mean, listen to these: Sweet Autumn Toasted Pita and Kale Salad; Beer-Bathed Seitan Stew and Oven Pommes Frites; French Farmhouse Asparagus Bisque; Chipotle Tofu Cemita Sandwiches; feta cheese made from cashews. Cashews! Cashews figure prominently in vegan cookbooks as vehicles for creaminess and texture, but who'd have thunk of cashews subbing for feta cheese? Genius! I just cracked open the ARC copy today so I haven't had a chance to try out any of these recipes, but they're written clearly, and Romero gives both suggestions on where to purchase hard-to-find ingredients as well as substitution ideas, making each recipe even more user-friendly.

I have *Veganomicon* and I have *Viva Vegan!* both of which are Romero titles, and both of which are staples in my kitchen. Although I'm reviewing an ARC copy, there's no doubt I'll add this one to my home library as well. Meanwhile, I'm loading my digital copy onto my NOOK and am heading out within the next couple days to pick up ingredients for some of these yummy recipes. I can't wait!!

---

## Trish says

March 24, 2014

I am recycling this review because I **adore** this cookbook. It's been a couple years since I started with it, and it is consistently fabulous: tasty, pretty, simple to follow. I have too many favorites to choose just a couple, and each time I try something it becomes a new favorite. I am amazed at its depth, now, after a couple years. There is always something new to thrill me.

Make yourself Preserved Lemons, folks. What a game-changer!

-----  
Dec 15, 2012

So, I am not a new vegan, nor is this my first encounter with the extraordinary skills of Ms. Romero. But this is one of the most exciting and completely **Braveheart** recipe collections I have ever seen. And Romero never left Queens! How is it possible?

Romero reimagines cuisines of the world from a vegan viewpoint, something I had almost thought impossible. But she captures the flavor, color, and *sense* of the original with flair and originality and for the first time I have been able to wholeheartedly enjoy the world's diverse bounty.

I was able to enjoy Pumpkin Kibbe even though I did not have a food processor to grind the pumpkin and bulgur together. I used a 100-year-old old-fashioned hand-crank meat grinder and the result was sublime. I especially enjoyed the Yogurt Cashew sauce, and the recommended very hot harissa chile paste that accompanied the recipe. Both added immeasurably to the authentic taste.

One thing I was familiar with in years gone by were Chinese BBQ Char Siu steamed "bao" and I was thrilled to be able to recreate the wondrous experience of eating them again. The recipe is flawless in terms of taste, though I can't imagine any Chinese person using several pans to prepare the filling. The cornstarch dissolved

in water can be stirred into the roasted seitan hot from the oven.

I get wild cravings for good Ma-Po Tofu and Romero has included a brilliant recipe that works beautifully. I sprinkle on a few toasted Sichuan peppercorns for garnish because its distinct aroma makes the dish taste and smell authentic. I used a new-to-me tofu made from besan, or chick-pea flour. The recipe can be found in *Burma: Rivers of Flavor* by Naomi Duguid.

Romero's Thai dishes are superb as well. The famous Tom Yum soup does not miss it's shrimp and the Grilled Seitan Noodle Salad made me feel quite as though I had just spent the day lounging seaside in the sun. A bottle of organic lime juice does wonders in making the dishes taste authentic.

Romero reprised a few of the indispensable Latin dishes she introduced to us in *Viva Vegan!: 200 Authentic and Fabulous Recipes for Latin Food Lovers* but that book is filled with other wonders you won't want to miss. It is worth it's weight in gold for finding a way to make meat in Latin recipes totally irrelevant and it has recipes North Americans might find closer to home.

Romero has done aspiring vegans a huge service by providing recipes from around the world. She has added diversity and color, flavor and interest to our menu and these dishes can be served with panache and joy to those curious onlookers to a vegan lifestyle.

---

## **Jennifer says**

I start this review on a sad note- my book fell apart. No I didn't love the book to death, though I do really love it. What did the book in was the binding was crappy construction. This makes me sad since this has NEVER happened to me before. Sure once or twice I might of had a 10 year old cookbook fall apart on me. But never a new one. What makes it more frustrating is that the publishing company has always made solid cookbooks.

And when I say the book was falling apart, I mean the pages were falling out of the glue binding. This usually happens over years, when the glue dries up. So I bought a binder and put each page into protector sleeves. I never really liked the covers so in the end I have the plus of having a sparkly and teal new book.

Am I saying YOUR future copy will fall apart? No. Probably not. As I mentioned before, I have gotten many books from the same publishing company that are very sturdy. But I probably will recommend investing in the hard cover version of the book. In the end it will last you longer anyways. With that gripe out of the way, please read all the GREAT and WONDERFUL things I have to say about Terry Hope Romero's book.

Spoiler Alert: I think it is staple in a vegan bookshelf

## **Photos**

I have to say I was spoiled by the *Oh She Glows* cookbook, and wished for more photos. Photos are dispersed throughout the book next to the recipe. At least the photos are near the recipe, as nothing drives me more nuts than when photos are clumped together in the middle. Having some photos is nice since she is featuring recipes for foods that are completely new to me.

There were a few instructional illustrations which is useful when showing how to cut food. Although

someone can write on how to cut something, it is much easier to understand with illustrations. But I still wished for some more photos, especially for some of the more exotic foods. Some of the photos featured things I could guess what it would look like, while others I had no idea what the end result would look like.

### **Set-up**

In information presented in the beginning is very overwhelming. Terry goes to overview of the book, and explains that not all recipes are "authentic." Then she goes into describing lesser known ingredients from all the different countries, covering where to get them and what you can replace them with. This was when I started to get a little overwhelmed. But I kept going on.

The first three chapters are pretty much recipes that will be used in other recipes, like spice blends, ways to prepare tofu, seitan, sauces, and chutneys. Then she starts stand alone recipes with hand-foods and salads. Things that can be used for lunches or apps. Then working her way to more traditional categories like soups, stews/curries, pasta, entrees, sides, and dessert. The further I dived into the categories, the more and more approachable the recipes became. And with each recipe she recommends what to pair the food off with, which is great for dinner planning.

In the back there sample menus for ideas of dinner planning. This helps tie all the various foods together as there isn't any identification on the specific nationality of the foods. This is probably since many food covers over several different regions. I do not like the index that comes up after the menu suggestions. It was hard looking up recipes by specific ingredients. This might not be what everyone does, but being part of a CSA, I don't always get to pick what I get. So it would of been nice to have a better listing of the ingredients.

That said each recipe is easy to understand. There are indicators for price, time, simplicity, and even if recipes are gluten or soy free. She even gives pretty accurate serving suggestions. Sometimes I find cookbooks give radically different amounts of food for each recipe.

### **Writing**

Terry proves that can write pretty damn well. This was the first cookbook I've read that Terry has done without Isa Chandra and her voice is clear and distinct. But you can see how she influenced the other collaborated books. Everything is very clear, and grammatically correct. She makes all the recipes approachable, and doesn't assume that you know what the recipes are.

The best way of putting it is like this: You are going over to a friend's family dinner, and everyone is a different nationality than you. Terry is the grandma that tell you what every single dish is. If the cookbook was jewish food, Terry would be your bubbie telling you that kugel is a noodle casserole. But it isn't just about jewish food, it about world food. Terry writes like she is the world's bubbie.

### **Overview**

This cookbooks is hard to classify. Terry covers SO many countries and SO many styles of food I couldn't say "these are great for weekend cooking" or "great weeknight" or even "holiday recipes." The theme is simply recipes from all over the world, which is a little overwhelming. I am blessed with living in New Jersey, which is the next best thing to living in Brooklyn. There is a large and diverse community of different nationalities in this state. I might have to drive a little, but I could find pretty much any ethnic super market covered in the cookbook. So this might be a little difficult to read if you are in the middle of normal USA, or other countries. Granted the internet provides easy access to order foods, some people don't like to be bothered.

But I find this cookbook beyond helpful. Terry stays tried and true to core of recipes. She recommends going

the extra mile to reach the right taste. For example she doesn't cop out and say to use just normal soy sauce in the Pad See Ew. No, she tells you to buy three different soy sauces which makes a huge difference.

On top of that, the book has become a great reference guide for me. I picked a recipe online that used harissa. I wasn't paying attention and thought that harissa was masa harina. I couldn't find it in the store, so I picked up Vegan Eats World and see if it had any information. Not only did it tell me what it was, she gave a recipe for it. I was flabbergasted.

So what is this cookbook good for? I would recommend this book for expanding your culinary skills. It is perfect for weekend dinners, to plan fun themes. But that doesn't mean all the recipes are hard work. As you make more recipes, you will find ones that are cheap and easy. Therefore you will add some to your regular weeknight meals. You will also learn about new spices, sauces, and ingredients that will only enrich in your cooking.

Note: I posted individual reviews on recipes on my blog, with links to a few recipes that are on Terry's website.

---

## **Lee says**

This book has gotten me excited about cooking again. After a hot summer, reluctant to even enter the kitchen, cooler weather along with a re-awakened appetite has hit with a vengeance. My desire to get busy preparing warm stews, spicy curries and delicious dumplings was instantly ignited as I paged through the recipes in Terry Hope Romero's new book, *Vegan Eats World: 300 International Recipes for Savoring the Planet*.

The book has a hard cover and is similar in size, layout and feel to *Veganomicon: The Ultimate Vegan Cookbook*. The writing style and instructions are straightforward and clear. The photos are beautiful, the food is set off nicely by rustic backgrounds and I'm definitely tempted to try a few things that normally wouldn't appeal to me just from looking at the photos.

There are many things I like about *Vegan Eats World*. I'm happy that in some recipes, for harder to find ingredients, she gives a replacement option. There are several designations that make sorting through the over 300 recipes easier. Symbols indicate one or more of the following; quick preparation (under 45 minutes), longer cooking time (mainly inactive), cheaper ingredients, good beginner recipes, low fat, gluten free, and soy free recipes.

In part one, titled *Kitchen Cartography*, the section describing regional ingredients was the most interesting to me. Where I live in Ontario, sumac trees grow everywhere so I was excited to learn about sumac powder and za'atar which are middle eastern spices. Other intriguing sounding ingredients I look forward to trying are Chinese Black Vinegar, Thai Golden Mountain Sauce and Gochuchang, a "sweet, spicy and tangy" Korean red chili paste. A trip to the Asian market is always a fun experience and it's helpful to know what to pair these ingredients with.

Also included in this section are commonly used ingredients in vegan cooking that you can find in most grocery or natural food stores. A primer on cooking equipment, cooking techniques, descriptions and some adorable drawings for dicing and slicing veggies and shopping lists for ethnic markets are useful sections for less experienced cooks.

You will need access to ethnic markets for some ingredients. This author has already written a cookbook focused on Latin cuisine, a few are included here but this book mainly showcases recipes from Asia, Africa, India, the Middle East and the Mediterranean. A well stocked pantry will be useful if you plan on using this book extensively ( I certainly do!). I was thrilled to see a chapter called Dumplings, Breads and Pancakes. Pot-stickers are a particular favourite of mine and I've always wanted to take the time to make vegan versions of these plump, savoury, snacks.

I began listing recipes that caught my attention but there are so many I won't list them all. Here's a small sampling of what you're in store for!

Seitan Coriander Cutlets  
Cilantro Chutney  
Coconut Chile Relish  
Thai Shredded Mango Salad  
Coconut Kale Summer Rolls with Peanut Sauce  
Ninja Carrot Ginger Dressing  
Garlicky Potato Dip  
Creamy Walnut Red Pepper Spread  
Chile Potato Rolls in Homemade Paratha Bread  
Sweet and Savory Jackfruit Carnitas Tacos  
Ginger Tomato Chickpeas  
Coconut Black-Eyed Pea Curry  
Tofu and Potato Adobo Stew  
Spicy Saucy Soft Tofu (Ma-Po Tofu)  
Eggplant Shakshuka with Green Tahini Sauce  
Deluxe Tofu Vegetable Mafe  
Garlic Chive Seitan Potstickers  
Shanghai Kale Dumplings in Sesame Sauce  
Afghan Pumpkin Ravioli with Spicy Tomato Sauce  
Spinach Coriander Roti

Can you say yum?

So far, I've managed to prepare two dishes; Savory Baked Tofu which was easy and delicious and the Flying Massaman Curry, also very good and even better the next day.

This is not the book you would grab for a hurried weeknight supper unless you have a very well stocked pantry. I'd definitely recommended it for anyone interested in international cuisine, for plant based eaters who are looking to explore new flavours and people who like to entertain. I look forward to taking my time exploring Vegan Eats World for a long time to come.

4.5 Stars.

Thank you to De Capo Lifelong press for providing an ARC.

---

**Jodi says**



I've found some new favorites in this book. Who knew vegan could be so delicious?

---

## **Lisa Vegan says**

I'm so excited. This is the first time in ages I've gotten an advance copy of a book, and it was a book I really wanted; I couldn't have selected a better book to receive early. I had the book in hand 10/23 and the official publication date is 10/30. I finished it on 10/26, reading it over my "official vegan anniversary" of 10/24, United Nations Day. I feel very fortunate. Thank you so much to Lindsey Triebel at deCapo Press for the opportunity. She contacted my co-creator and co-mod of the Vegan Cooking & Cookbooks group here at Goodreads, and provided copies to Lee & I, and also a third copy we entered in a giveaway eligible to all our group members. Our discussion of this book can be followed at our group discussion thread: <http://www.goodreads.com/topic/show/1...>

4 ½ stars

Those here who've read any of my other cookbook reviews know I'm more of a cookbook reader than a cook. I use cookbooks less for the precise recipes and more as inspiration for ideas of how to put together various foods and spices.

½ star off because most of the recipes call for more fuss than my usual fare and so many require more counter space and equipment than I have. Also, and this is a picky eater talking, many of the recipes have foods I do not like, including coconut, vinegar, salt, etc. Those things that are downsides to me will not be negatives for every reader. I do really appreciate how she singles out the many recipes that are good for kitchen novices; I don't see that helpfulness in that many cookbooks.

The organization and layout of this book is excellent. It's easy to find everything, and in more than one place.

Terry Hope Romero's introductory text and directions are very well written and communicated so engagingly. Her material, including many extra tips, is interesting, informative, practical, and clear, and at times amusing and entertaining. This is a cookbook that is fun to read cover to cover.

I appreciate the recipe icons at applicable recipes. They are: especially friendly to newbie/novice chefs, under 45 minutes, most time inactive cooking so can relax, cheaper ingredients, low oil & no nuts or avocado, no wheat or barley/gluten free, no soy.

The photographs are wonderful; they're beautiful and the completed recipe photos are mouthwatering. There is not one for every recipe, but there are many, including some photos showing food preparation and food ingredients. There are also some helpful drawings, most designed to instruct in food preparation.

There are 30 ideas for menus in the Menus section in the back of the book. That's many more than in most cookbooks with a menus feature.

Hmm. The subtitle of the book says 300 recipes; the title page says 250 recipes. I didn't count, but there are plenty of recipes in here, some sure to appeal to almost everybody. Either way, this is a wonderfully hefty book. I'm really grateful that I own it and can frequently refer to it.

I love the book's dedication: "To Vegans Everywhere: Past, Present & Future." That includes a lot of people, hopefully more & more.

Here are the recipes I'm most interested in making:

There are none from the spice blends, although I'd like to have all those on hand. (Really, I need a personal chef AND I'd love for this author to open up a restaurant. Unfortunately, it would most likely be in NYC. I officially cast my vote for San Francisco. Please!)

I don't like either seitan or tempeh so none of those recipes are listed from me. People who like vegan meats are going to find many more recipes in the following section:

from The Three Protein Amigos: Savory Baked Tofu, also with Mediterranean Baked Tofu Marinade and with the African Baked Tofu Marinade

from Pickles, Chutneys & Saucier Sauces: Whipped Garlic Dip; Chickpea Parmigiana Topping; Mexican Dried Chile Salsa; Green Tahini Sauce; Toasted Hazelnut Crunch Dip; and despite my dislike of too much salt, the Preserved Lemons

from Salads, Spreads & Sandwiches: Peruvian Purple Potato Salad; Curried Avocado Summer Rolls; Mango and Peanut Millet Salad; Garlicky Potato Dip; Pumpkin Seed Mole Dip; Pistachio Date Quinoa Salad; Sweet Autumn Toasted Pita and Kale Salad; Mexican Chopped Salad; Kale, Preserved Lemon, and Pomegranate Salad; Roasted Pumpkin Salad with Dukka; Soft Red Lentil Kibbe with Fresh Herbs

from Soups: White Bean Farro Soup with Chickpea Parmigiana; Ginger Peanut Squash Soup; French Farmhouse Asparagus Bisque; Yellow Split Pea Soup with Chard; Red Lentil Dahl with Tomatoes and Curry Leaves

from Curries, Hearty Stews & Beans: Pumpkin Black Bean Posole Stew; The Great Big Vegetable CousCous; Eggplant Shakshuka with Green Tahini Sauce; Lebanese Moussaka Stew; Deluxe Tofu Vegetable Mafe (without the vinegar)

from Dumplings, Breads & Pancakes: Homemade Soft Corn Tortillas; Spinach Coriander Roti; Coriander Rye Muffins; Your International House of Dinner Crepes; Very Nice Chickpea Crepes

from Asian Noodles to Mediterranean Pasta: Greek Eggplant Lasagna, including the Mushroom Eggplant Pastichio; Fusilli with Almost-Sicilian Arugula Pesto, Potatoes, and Peas; Pad Thai with Avocado and Spicy Greens

from Hearty Entrees: Moroccan Vegetable Filo Pie; This is Sparta! Spinach Pie; Fluffy Scrambled Chickpea "Eggs" with Shallots; Mostly Mediterranean Eggplant Parmigiana

from Robust Vegetable Entrees & Sides: Roasted Broccoli with Sage; Okra Masala; Lemon Garlic Potatoes; Luscious White Bean and Celery Root Puree, Daikon Edamame Lettuce Wraps

from Rice & Whole Grains: Jollof Brown Rice with Fresh Thyme; Fluffy Spiced Couscous; Freekeh and Millet Pilaf; Bulgur Wheat Mujaddara with Toasted Orzo

from Sweet Beginnings: Rose Water Date Semolina Squares; Ethiopian Chocolate Flourless Torte, and the

Mexican Chocolate Torte

Contents:

What if the World Was Vegan?

How to Use This Book

Part 1: Kitchen Cartography: Mapping Your Way to a Brave New Vegan Cuisine

Before Cooking

During Cooking

After Cooking, Chill Out

Ingredients

Shopping Lists

Kitchen Equipment

Part 2: The Recipes

Chapter 1: Spice Blends

Chapter 2: The Three Protein Amigos: Tofu, Seitan, & Tempeh

Chapter 3: Pickles, Chutneys & Saucier Sauces

Chapter 4: Salads, Spreads & Sandwiches

Chapter 5: Soups

Chapter 6: Curries, Hearty Stews & Beans

Chapter 7: Dumplings, Breads & Pancakes

Chapter 8: Asian Noodles to Mediterranean Pasta

Chapter 9: Hearty Entrees

Chapter 10: Robust Vegetable Entrees & Sides

Chapter 11: Rice & Whole Grains: One-Pot Meals and Supporting Roles

Chapter 12: Sweet Beginnings

Part 3:

Menus

Online Resources

Recipes by Icon

Thanks & Acknowledgements

Metric Conversions

Index

About the Author

Re the other books by this author, and I've given 5 or 4 stars to all of them, except for the pie book, which I haven't read yet. I'm much more of a cake person (frosting person actually) than a pie person: She's the sole author of 1 other book: Viva Vegan!: 200 Authentic and Fabulous Recipes for Latin Food Lovers and the co-author of 4 other books: Veganomicon: The Ultimate Vegan Cookbook and Vegan Cupcakes Take Over the World: 75 Dairy-Free Recipes for Cupcakes that Rule and Vegan Cookies Invade Your Cookie Jar: 100 Dairy-Free Recipes for Everyone's Favorite Treats and Vegan Pie in the Sky: 75 Out-of-This-World Recipes for Pies, Tarts, Cobblers, Crumbles, and More.

---