



Thug Kitchen 101: Fast as F*ck

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A kickass kitchen primer full of healthy, plant-based recipes that you can whip up any night of the week.

The creators of the *New York Times* bestselling cookbook series Thug Kitchen are back to give you a crash course to help you to take the leap into healthy eating, starting with their signature fresh, California-inspired food.

Thug Kitchen 101 includes more than 100 easy, accessible recipes to give you a solid start toward a better diet like sweet potato al pastor tacos, firecracker salad, chickpea and green chili soup, and no-bake cookies. And it serves up food facts along with helpful tips and tricks so you'll feel confident knowing exactly what the f*ck you're making.

All recipes in *TK 101* are guaranteed to be quicker than take out, so you can cook some tasty meals with simple ingredients regardless of when you stumble home from work. No excuses. It's delicious, healthy, homemade food for all the full-time hustlers out there.

"Thug Kitchen backs up its bluster with good, solid recipes." -The New York Times

"Funny, self-aware, and full of delicious-looking recipes that I want to make right this second." - Epicurious.com

*"F*cking delicious."* -Popsugar.com

Thug Kitchen 101: Fast as F*ck Details

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From Reader Review Thug Kitchen 101: Fast as F*ck for online ebook

Cindy says

A lot of really good recipes. My carnivore gf even read it and picked over a dozen recipes that looked good to her. Every one has been a winner so far. I am a fan. This is my second Thug Kitchen book and I recommend to anyone wanting to eat healthier and who doesn't have a stick up their butt. It's a fun read so roll with it.

Christy says

I've never read a cook book from cover to cover before, and I've never read one that has literally made me laugh out loud. Until today. I haven't eaten meat in over 3 weeks, and I'm getting bored with eating the same things over and over. So I picked up this book to get some new options. It was highly entertaining and out of the 100+ recipes I bookmarked about 25-30 I realistically would like to try.

I know this is advertised as Fast as Fuck, but some of the recipes seem like they wouldn't be too fast. If it says 40 minutes, chances are it's going to take me closer to an hour. That's my only complaint. I'll update as I try some of the recipes, but the book itself was a total WIN!

Linda says

Entertaining, Practical, Vegan, and Delicious

Real recipes for regular people. When I make these for potluck dinners, they go fast! People don't even realize they're vegan.

Arielle ? Cursebreaker ? says

There are some damn good recipes in here. And the swearing just makes it all the better. Highly recommend!

Michelle says

i am not a vegan, but i do plan to add more plant based foods into my diet for 2017. i am reviewing both Thug Kitchen:Eat Like You Give a F*ck and Thug Kitchen 101: Fast as F*ck together. they both felt the same, and had the same issues.

just to note, i first followed Thug Kitchen YEARS ago on tumblr. i loved their tumblr site. i loved how the recipes were set up on the tumblr site. everything was clear, concise with a side of sass that makes up Thug

Kitchen. from my tumblr experience, i had these books on my wish list for a while, in-spite of other issues i had with them once their book contract was revealed. my reviews are ONLY focused on the material in the book.

Pro:

-i found most of the recipes did not contain odd ingredients, seitan or tempeh. this is always a bonus because most people either don't like the meat substitute soy products or they may be hard to find.

Cons:

- the set up of these books was not user friendly. some recipes called for others which were posted elsewhere in the book. (maybe because i had the ebook version, it didn't have a page number or direction to seek out the additional thing needed.)

- while i get and understand the gimmick that Thug Kitchen uses, it lost the charm of the original tumbler posts. the voice, tone, felt unauthentic and overdone, especially in the longer sections of explanations of why veganism is great, of how to cut up this or how to melt chocolate, and even a section of "basic sh*t to roast at home." it felt like filler and more opportunity to try to cement their "THUG"-ness.

this book and the other i previously mentioned are not going to grace my bookshelves. i'm happy i was able to check them out of the library first to review them.

Tracy says

The cussing got really gimmicky really quick, even grating, especially when they slipped up into more or less standard recipe-writing style. It really diminished my enjoyment of the book and interest in cooking anything out of it. Which is really too bad.

Jess Macallan says

Another classic brought to you by Thug Kitchen. :) If you like a lot of humor and profanity laced in with your cooking, read anything by Thug Kitchen. This book offers quick, healthy, and delicious vegetarian/vegan meals. The ingredient lists are easy to follow, and the instructions will have you giggle-snorting (yes, it's a thing with these books).

As a health coach, I look for quality ingredients, ease of preparation, and overall appeal of the finished product. This book is one I'm happy to recommend to my clients who follow a plant-based diet. Most recipes can be easily converted to gluten free if they're not already.

Lucille says

These people curse more than I do! They cook more than I do too!

Corinna says

This is delicious, hysterically funny, healthy, and a visual delight. One thing to note, there's no meat in this cookbook- something I didn't catch because I was so distracted by the constant use of profanity...in a cookbook. But it would be incredibly easy to add meat to the dishes if you were so inclined to get your protein that way (plenty of protein in the recipes as they are).

Who would have ever thought this would be needed, but I'd rate this cookbook a PG-13 for the incessant swearing.

Laura Hoffman Brauman says

I want to make almost every recipe in this book. I have their other cookbooks as well, but I like the focus in this one on quick and easy recipes.

Anita says

Great recipes, not all of them are fast though. Fun to read for people who are not easily offended by profane language. I often laughed out loud reading these recipes and the commentary that goes along with them.

Mrs. Europaea says

Received this as a holiday gift and was not disappointed in the least. Variety is the spice of life and Thug Kitchen provides a little bit of everything to satisfy any palate. Since I am the only meat-free person in my household I appreciate that these recipes are easy to tweak to meet the needs of all without hours of extra cooking separate meals.

Blue says

While I appreciate food that is as fast as f*ck, I don't need so many actual f*cks in my cookbook. But I'm willing to overlook them when there are so many recipes that promise to be fast, good, and plant based.

And it is pretty impressive to make taking charge of what you eat sound like an edgy manifesto. Thug Kitchen addresses the number one excuse people give for not cooking - not having enough time - and makes that excuse irrelevant by pointing out how much time so many people spend in front of the television, and more importantly by creating a cookbook full of healthy food that can be prepared in record time.

While most vegan cookbooks are filled with recipes that rely on ingredients I can't or won't eat, Thug Kitchen 101 is not tofu heavy, and doesn't call for unnatural ingredients overly packaged in plastic. In fact every item in their pantry staples suggestions is already in my kitchen.

There are a dozen recipes I want to try in the coming days. The fact that longest prep and cooking time is 35 minutes, with most being even less time, makes it much more likely that Thug Kitchen recipes are going to actually be tried. And hopefully become part of my cooking rotation.

Chloe A-L says

The recipes are good, I'll give it that, but just. Just read this [https://www-m.cnn.com/2014/10/10/livi... .](https://www-m.cnn.com/2014/10/10/living/thug-kitchen-recipes-black-man-speak/index.html)
I'll let a black man speak.

Raeleen Lemay says

I love this book even more than the original cookbook because everything is fast and easy and there's a ton of great comfort foods in here.
