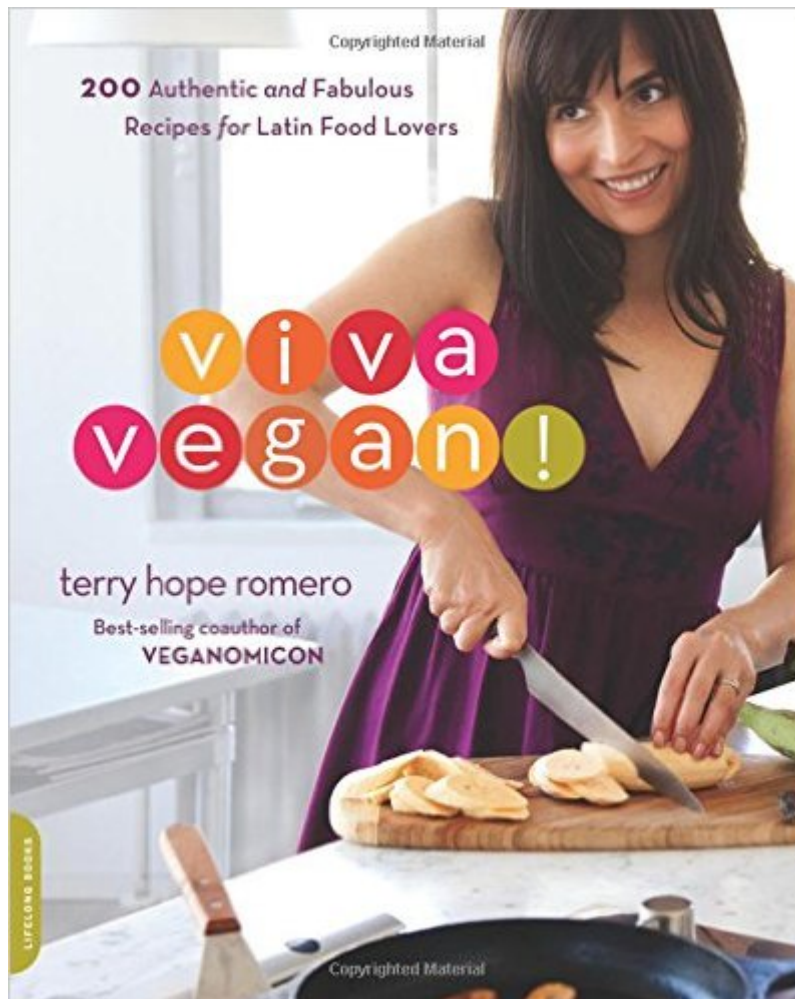


The book was found

# Viva Vegan!: 200 Authentic And Fabulous Recipes For Latin Food Lovers



## Synopsis

As coauthor of the phenomenally successful cookbooks *Veganomicon* and *Vegan Cupcakes Take Over the World*, Terry Hope Romero has long been one of the most popular vegan chefs around. Now, in her first solo cookbook, Romero opens the world of Latin flavor to vegans and foodies alike. *Viva Vegan!* expands the palates of anyone looking for a way to add fresh, seasonal ingredients and authentic spice to their meals without relying on animal products. A proud Venezuelan-American, Romero's enthusiasm for her culture shines through every recipe. *Viva Vegan!* covers every aspect of Latin cooking across the Americas: refreshing bebidas (drinks), vibrant ensaladas, hearty empanadas, nourishing stews, and one-dish wonders. Learn the basics; how to make the perfect tamale, salsa to complement any dish, and beans from scratch; plus special treats like flan, churros, and more. Complete with gorgeous color photos, *Viva Vegan!* is the ultimate guide to authentic and inspired new Latin cuisine.

## Book Information

Paperback: 320 pages

Publisher: Da Capo Lifelong Books; 1 Original edition (April 27, 2010)

Language: English

ISBN-10: 0738212733

ISBN-13: 978-0738212739

Product Dimensions: 7.2 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (107 customer reviews)

Best Sellers Rank: #80,057 in Books (See Top 100 in Books) #27 in [Books > Cookbooks, Food & Wine > Regional & International > Latin American](#) #237 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

## Customer Reviews

Venezuelan-American cookbook author Terry Hope Romero (*Veganomicon: The Ultimate Vegan Cookbook*) makes Latin food vegan-friendly in *Viva Vegan!* This collection of 200 vegan recipes includes offerings from Mexico, Central and South America, and the Caribbean. You'll find updated favorites like tostones and mofongo (Puerto Rico), stuffed arepas (Venezuela and Colombia), tamales and tortas (Mexico), ropa vieja (Cuba), ceviche (Peru), and more. If you're new to vegan and / or Latin cuisine, fear not! Romero thoughtfully includes a primer on the vegan Latin pantry, along with numerous sidebars, suggested menus (The Buena Vegan Social Club, Colombian

Colors, Buenos Aires Potluck, Sofrito So Good, etc.), and a quick-start shopping list (which can be printed at the author's website) that'll have you whipping up vegan delights with Latin flair in "s̃ lo unos minutos" (okay, maybe un poco m̃s for some of the recipes). Quirky Spanish phrases pepper the book; they may not be grammatically correct, but they're likely already familiar to non-Spanish speakers. Recipes are straightforward and in easy-to-read typeface; recipe names are in all-caps red, while the ingredients and steps are supplemented with tips, uses, and variations.

This is a cookbook I bought in my early days of veganism, and didn't use very often. Over the past couple of years I've been using it more and more with great results and I honestly can't say enough good things about it. Initially I didn't use it very much because I was new to vegan cooking, and a total novice at Latin American cooking. So many of the ingredients and techniques were new to me and intimidating. Many of the recipes are also time consuming, and either take a long time to prep or cook - which doesn't bother me now, but it turned me off when I was a novice cook. Now that I've been cooking for years, and have all the culinary skills any vegan cook could want I find I use the book more and more. I also find that I am constantly amazed and impressed by the recipes. I love the flavors, I love the textures, I love the creativity and authenticity. I love Terry's writing style which has a real ease and friendly vibe, I love her little anecdotes and all the tips that she provides. I am particularly appreciative of all the information she managed to load into the book, from how to roll a burrito, to how to properly make enchiladas and tamales. It's obvious that she put a lot of time, thought and effort into this book, and her passion for Vegan Latin food really comes through. A few things you may want to consider before purchasing this book however is that there is no nutritional information. This doesn't bother me, but I know it'll bother some people. This is also not a health food book and so ingredients like sugar, white flour, and oil are used. Some of the recipes have a long cooking time, many of the recipes call for home-cooked beans that require soaking, and some recipes have a lot of prep work involved.

[Download to continue reading...](#)

Viva Vegan!: 200 Authentic and Fabulous Recipes for Latin Food Lovers Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for

diabetics) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan Mastery Cookbook: Simple Vietnamese Spring Roll Recipes to Cook at Home (International Vegan Cookbook Series, Vegan Spring Rolls, Vietnamese Spring ... Vegan Recipes, How to Make Spring Rolls) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories

[Dmca](#)