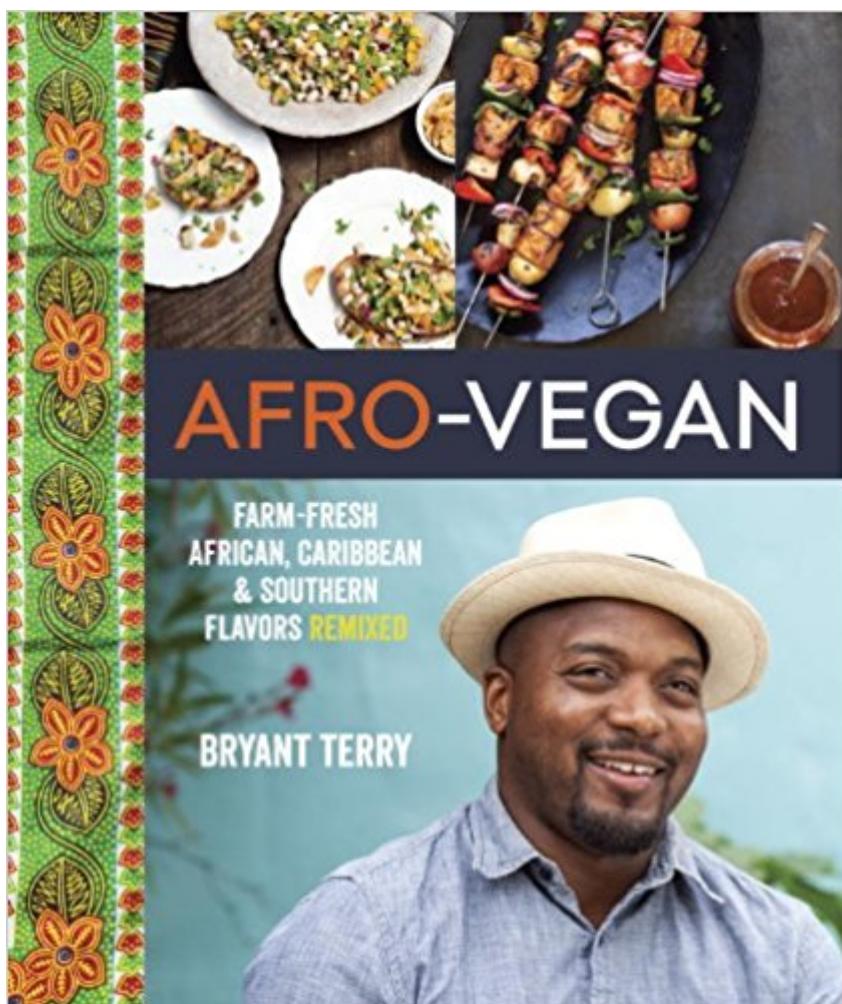


The book was found

# Afro-Vegan: Farm-Fresh African, Caribbean, And Southern Flavors Remixed



## Synopsis

In Afro-Vegan, renowned chef and food justice activist Bryant Terry reworks and remixes the favorite staples, ingredients, and classic dishes of the African Diaspora to present more than 100 wholly new, creative culinary combinations that will amaze vegans, vegetarians, and omnivores alike. Blending African, Caribbean, and southern cuisines results in delicious recipes like Smashed Potatoes, Peas, and Corn with Chile-Garlic Oil, a recipe inspired by the Kenyan dish *irio*, and Cinnamon-Soaked Wheat Berry Salad with dried apricots, carrots, and almonds, which is based on a Moroccan tagine. Creamy Coconut-Cashew Soup with Okra, Corn, and Tomatoes pays homage to a popular Brazilian dish while incorporating classic Southern ingredients, and Crispy Teff and Grit Cakes with Eggplant, Tomatoes, and Peanuts combines the Ethiopian grain teff with stone-ground corn grits from the Deep South and North African *zalook* dip. There's perfect potluck fare, such as the simple, warming, and intensely flavored Collard Greens and Cabbage with Lots of Garlic, and the Caribbean-inspired *Cocoa Spice Cake with Crystallized Ginger and Coconut-Chocolate Ganache*, plus a refreshing *Roselle-Rooibos Drink* that will satisfy any sweet tooth. With more than 100 modern and delicious dishes that draw on Terry's personal memories as well as the history of food that has traveled from the African continent, *Afro-Vegan* takes you on an international food journey. Accompanying the recipes are Terry's insights about building community around food, along with suggested music tracks from around the world and book recommendations. For anyone interested in improving their well-being, *Afro-Vegan*'s groundbreaking recipes offer innovative, plant-based global cuisine that is fresh, healthy, and forges a new direction in vegan cooking.

## Book Information

Hardcover: 224 pages

Publisher: Ten Speed Press (April 8, 2014)

Language: English

ISBN-10: 1607745313

ISBN-13: 978-1607745310

Product Dimensions: 7.8 x 1 x 9.3 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 184 customer reviews

Best Sellers Rank: #8,902 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Regional & International > African #2 in Books > Cookbooks, Food & Wine > Regional &

## Customer Reviews

Chef-author Terry (Vegan Soul Kitchen, 2009; The Inspired Vegan, 2012) introduces the concept of food justice, a philosophy that he defines as good food being an everyday right, and not just a privilege. His book is also an introduction to the various ways (more than 100, in short) that African cuisine can go mainstream. Pointing out the high incidence of African Americans with diet-preventable diseases, such as hypertension and type 2 diabetes, Terry sets out to help correct that situation one meal at a time, jumping right into specific dishes and their preparation. The first section is about spices and sauces. For instance, familiar seasonings tango with pomegranate-peach barbecue sauce, while slow-braised mustard greens dance with an all-green spring slaw. Each recipe, interestingly, includes at least one soundtrack recommendation, which frequently is also accompanied by a film or book suggestion. His sidebars cover, among other topics, toasting whole spices and cooking black-eyed peas and millet. He's careful not to overemphasize (and overproselytize) the vegan nature of his recipe collection; instead, he focuses on flavor, on coaxing out unique smells and tastes. --Barbara Jacobs

Nominated for a 2015 NAACP Image Award, Outstanding Literary WorkJames Beard Foundation 2015 Leadership AwardBest Cookbooks of 2014 "Serious EatsBest Cookbooks of 2014 "Mother JonesBest Cookbooks of 2014 "Shape I'm a big fan of food. I'm also a fan of stories. What Bryant Terry has done with Afro-Vegan is tell a new and important story of food. He's connected health with history and culture and made the combination delicious. As important, he's encouraging all of us to learn the story of the food we make and consume and helping us generate our own stories as we share these healthy eats with the communities we love. "Baratunde Thurston, best-selling author of How to Be Black and CEO and cofounder of Cultivated Wit Bryant Terry crafts recipes and weaves narrative to shine truth on Southern food. This is cooking that empowers and encourages, and tells the story of the nourishment of a community. Afro-Vegan shows us how to be proud of our storied, vegetable-rich foodways. "Hugh Acheson, chef and author of A New Turn in the South Afro-Vegan animates the cuisine of the African diaspora with the detail, reverence, and passion it deserves. Bryant elevates our often-overlooked culinary traditions and infuses a personal, smart, and practical love. He goes beyond teaching us to cook. He inspires us to

celebrate and explore. "Dayo Olopade, author of "The Bright Continent: Breaking Rules and Making Change in Modern Africa" and "A People's History Of The United States" and "Joy of Cooking" had a baby, "Afro-Vegan" would be it! "Isa Chandra Moskowitz, author of "Veganomicon" and "Isa Does It" In this beautiful, casual collection of recipes from across the African diaspora, Bryant Terry brings to life a vegetable, grain, spice-based culinary heritage too often ignored. "Afro-Vegan" is a historically compelling, delicious blueprint for both a plant-based diet and a true, African-derived cuisine. "Tamar Adler, author of "An Everlasting Meal"

My first impression of Afro-Vegan is that it is literally a work of art. The binding strip of elegant African floral cloth, the full-page full-color photography, and the beautifully laid out pages all indicate that this is much more than a cookbook. In addition to over 100 intriguing recipes (I've made about six since getting the book last week, and they were amazing), Chef Terry shares his obvious passion for life and food, for music and art, for high culture and down-home good times, for gourmet appetites and raw-knuckled activism. Somehow all these diverse elements mix it up and produce an elegant work in which each flavor stands out, yet complements the others. At one level, this is a cookbook for African Americans, showing the way back to a traditional, healthy, local, seasonal, and plant-centered diet that speaks of community, resilience, innovation, and love. At another level, Afro-Vegan is also for all of us who - whether we know it or not - owe African-American culture a huge debt of gratitude. From the African farming techniques that are being rediscovered by modern permaculturalists, to the explosive flavor mixtures that arose from the African Diasporic experience, to the incisive and sometimes incendiary beats and memes of modern hip-hop; this book is a guide and a celebration of it all. Each recipe, for example, is accompanied by a suggested soundtrack. The track for the Blackened Seasoning I made over the weekend is Buckwheat Zydeco's "Let Your Yeah Be Yeah." I swear I could hear the accordion in every bite of the blackened cauliflower cutlets. Afro-Vegan also contains stories and profiles of folks I feel privileged to meet in its pages. It's full of appreciation for the heroes - sung and unsung - of the various movements of liberation and exploration whose efforts have paved the way for Mr. Terry's considerable accomplishments. But enough of that - it's a cookbook, and you want to know about the recipes. Chef Terry begins with a chapter on spice mixtures, from Ethiopian Berbere to Cajun Blackened Seasoning to several others. By roasting and grinding them in advance, I was able to put together the recipes that rely on these flavors quickly and easily. The recipes hail from all over Africa, the Caribbean, and the US south. Chef Terry's

encyclopedic knowledge of techniques and ingredients from all over the world allow him to synthesize and fuse artistically: North African chermoula sauce meets tempeh (fermented Indonesian soybean cake); Jamaican patty filled with Louisiana maque choux; Brazilian vatapa informed with Southern okra, corn, and tomatoes. Just about every recipe features a surprising yet intuitive cultural conversation. Dirty millet (I used quinoa, don't tell) with fresh and dried mushrooms was moist and robust, satisfying any carnivore's desire for the mouthfeel of flesh. Slow-braised mustard greens was so good, my 14-year-old son asked for thirds! The meals I've made from Afro-Vegan have been delicious and unlike any others I've encountered. I own about 30 vegan cookbooks, and this one contributes significantly to plant-based cuisine. Afro-Vegan is a beautiful, big-hearted, brash, and brilliant new friend, and is helping me grow as a cook and as a person.

I feel like vegan cookbooks can sometimes be repetitive, they always contain some type of "cheeze" recipe, and they all contain complex versions of traditional meat-based entrees. This book however, stays true to veggies and spices that stand on their own. The first recipe I tried was the blackened okra and red rice. The combination of flavors in this dish were truly remarkable. Terry doesn't just provide recipes, he pairs them in ways that make a grand feast. If you love veggies and spices, buy this book! I'm working my way through it and I have yet to be disappointed. I still haven't garnished the courage to try the pickled watermelon rinds, but I'm hoping I will soon.

bought as a gift...it was well received.

Beautiful book, very artfully done. I especially love the little details: capulana (the name for African textiles in Mozambique) cloth binding and the suggestions of musical accompaniment for each recipe). The recipes are pretty darn good too, check out the desserts. A welcome addition to my vegan cookbook collection.

I love these recipes! My neighbor Sean let me borrow his book for a few days and I had to have my own. I can't wait to cook all the dishes and make the blended spices

So far the recipes I have prepared have been very tasty there are a large variety of recipes to choose from

Husband started doing the cooking this year. And to be honest, it's better that way. We'd eat cheeseburgers everyday if it were up to me. This book has tasty dishes I would never have thought of. 2015 is a new year of healthy eating and exercise for us. This book is serving us well! Keep them coming.

I read that the author was visiting cities in the Bay Area and I bought it right away! What did I find? That I was intuitively cooking in the same formats....merging Soul Foods from all over the globe. Awesome recipes and authentic techniques. Great for veggie entertaining and much, much more!

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

Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) African: African Recipes - The Very Best African Cookbook (African recipes, African cookbook, African cook book, African recipe, African recipe book) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) 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) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Cruising the Southern and Western Caribbean: A Guide to the Ships & the Ports of Call (Cruising the Southern and Western Caribbean) (Cruising the Southern & Western Caribbean) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based

Vegan Cookbook for Beginners 1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) 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: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) 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) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Southern Cooking: for beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1) Fruitysimon ebook - 100+ Easy Vegan Recipes, Tips and Insights from a 16 y.o. vegan-boy (Wholefoods Plantbased Diet Guide): Vegan recipes and guide by 16 y.o. vegan-boy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)