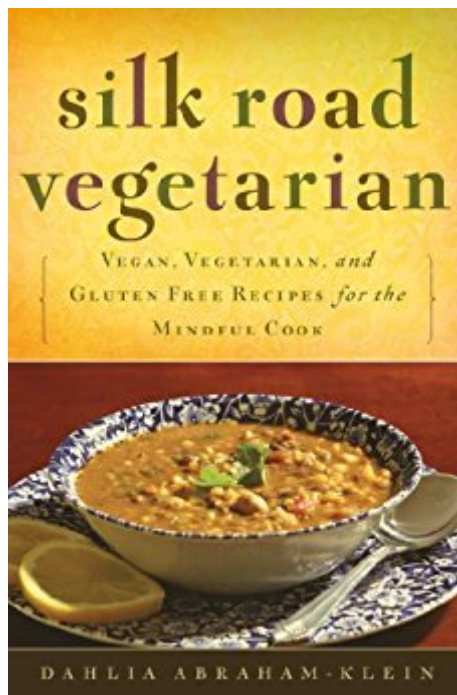




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# Silk Road Vegetarian: Vegan, Vegetarian And Gluten Free Recipes For The Mindful Cook



## Synopsis

"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 NetworkDiscover 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 MintCurried 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.

## Book Information

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## Customer Reviews

This is my new go to cookbook for preparing delicious and healthful exotic dishes with ease. I am making it a point to try a different recipe every Friday. Dahlia Klein uses fresh ingredients and spices to create interesting new flavors that are simply stated, over the top. I recommend this cookbook to both aspiring cooks and experienced chefs. The ingredients are accessible and step by step instructions flawless. I have tried the Persian green herbed stew, roasted beet and nectarine salad with lime zest, yellow split pea soup (Indian style), Bukharian green herbed rice (makes for yummy leftovers), pesto zucchini (Italian style) and roasted cauliflower salad with tahini and za'atar (Middle Eastern). Her recipes are appealing; fragrant and colorful, nutritious and traditional of cultures whose cuisines were not part of the American quilt until recently. The color photos are most helpful. Definitely add this to your repertoire.

This was a wedding gift for a dearly loved neice and nephew-to-be. I was so taken with this book I didn't want to give it up! We were dealing here with vegetarian, vegan celiac and gluten free family members, so a lovely choice. I accompanied it with a set of attractive chopsticks with porcelain stork rests, the storks being dear to her heart- together it was a fine gift.

I have been a vegetarian for decades and just when I thought I have tasted everything worth tasting in this genre, this book was brought to my attention, a small gem. Not only are the recipes novel and

inspired, but the author's personal journey is inspiring. That is, the way it is woven into the origins and trajectory of the book. It leaves the reader wanting to not only read volume two, but to get to know the author's inner workings more deeply, for like a good sorceress she conjures up something unexpectedly magical to enjoy.PM

I probably shouldn't have bought this book. It focuses more on indian food than I would prefer as I have a few indian cookbooks that have much more flavorful recipes. Everything I've tried so far has been bland, or perhaps the quantity for the spices was written wrong. There are still some middle eastern recipes that I'd like to try, so I haven't given it away yet. Just a little less exciting than I was hoping for.

I cannot agree more with the rave reviews for this book. I love to cook and have bought many cookbooks over the years. So many times I have been disappointed with them. You will not be disappointed with this book if you like spicy foods. The recipes are delicious and easy to prepare. No more bland and boring meals. If you are going to be a vegetarian as I am, you want your food to taste great. You will wake up your taste buds with these recipes.

I love the variety in this book. Perfect if you want to cook healthy yet flavorful food. Me and my boyfriend are especially crazy about the shawarma-spiced potato wedge recipe--that one alone makes this book worth it. I've tried two other recipes: a red daal curry recipe which tastes uncharacteristically refreshing and light despite having a lot of coconut milk and a lentil with vegetables recipe which doesn't taste nearly as boring as it may sound. The quantities called for in the recipes are just right, especially if you're preparing food in advance for a busy work week.

A friend brought this to coffee & there are too many recipes I want to try to xerox them all, so I bought my own copy!

I am not a vegetarian but I am always looking for healthy vegetarian options to prepare for both my family as well as guests. What I love about this book is that the recipes are not boring or plain. Using varied ingredients from the Middle East and Asia, the recipes are equally exotic in flavor and simple in preparation. I look forward to trying out many more of these dishes that come from an ancient culinary world in a way that is modern and accessible!

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