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"Delicious and delightful - the exquisite flavours of Ethiopia are utterly divine. From the spices to the presentation method, a meal in Ethiopia is an experience!"--P. [4] cover.

There are so many international cuisines that have become commonplace in the western world - so much so that we almost forget that there are thousands of other amazing places just lying in wait, with incredible food waiting to be tried. With Ethiopian cuisine providing the perfect example. Providing us with some of the most culturally-rich food on the planet, Ethiopian cuisine is renowned for being spicy, aromatic, and healthy - and now it's readily available for you to prepare in your own home. This cookbook is full to brim with simple step by step Ethiopian recipes that are perfect for the average cook and professional chef alike! In this book, you will learn how to cook: Aromatic Ethiopian breakfast Amazing Ethiopian appetizers Famous Ethiopian dinners Sweet and delicious Ethiopian desserts Ethiopian cuisine is fast become some of the most well recognized on the planet - so what are you waiting for? Take the first step towards cooking some of the best food in the world!

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

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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.

Insects will be appearing on our store shelves, menus, and plates within the decade. In *The Insect Cookbook*, two entomologists and a chef make the case for insects as a sustainable source of protein for humans and a necessary part of our future diet. They provide consumers and chefs with the essential facts about insects for culinary use, with recipes simple enough to make at home yet boasting the international flair of the world 's most chic dishes. Insects are delicious and healthy. A large proportion of the world 's population eats them as a delicacy. In Mexico, roasted ants are considered a treat, and the Japanese adore wasps. Insects not only are a tasty and versatile ingredient in the kitchen, but also are full of protein. Furthermore, insect farming is much more sustainable than meat production. *The Insect Cookbook* contains delicious recipes; interviews with top chefs, insect farmers, political figures, and nutrition experts

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(including chef René Redzepi, whose establishment was elected three times as “ best restaurant of the world ” ; Kofi Annan, former secretary-general of the United Nations; and Daniella Martin of Girl Meets Bug); and all you want to know about cooking with insects, teaching twenty-first-century consumers where to buy insects, which ones are edible, and how to store and prepare them at home and in commercial spaces.

A global selection of delicious low-impact dishes to further vegetarian cooking, whether it’s one day a week or forever. Moving toward a more vegetable-based diet is the only sustainable and healthy way to feed the world. The extraordinary abundance of nutritious plant foods gives great opportunities to conjure them into delicious, planet-friendly meals. Some of the best non-meat dishes come from Africa, Asia, Latin America, and the Middle East and presented here is a variety of highlights. This cookbook has intriguing tastes for every palate. *;* Over 100 vegetarian recipes from all parts of the globe *;* Recipes presented in mezza-style *;* with suggestions of a number of small dishes that combine to make a full meal *;* Easy to follow recipes with suggestions for substitute ingredients *;* Useful facts and helpful hints *;* Tips on sourcing fair trade and local ingredients *;* Full-color recipe photographs throughout

Why wait for a trip to your favorite Ethiopian restaurant? Import the delicious flavors of Ethiopia right to your own kitchen! Kittee Berns has demystified this cuisine so you can savor authentic Ethiopian food without ever leaving home. Discover how to source and use the tantalizing seasonings and savory ingredients that are the foundation of these unique dishes. Kittee introduces the holy trinity of Ethiopian cooking: a berbere spice blend, injera (the fermented



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sourdough staple), and ye qimem zeyet, a veganized clarified butter. Armed with these basics, you'll be ready to dazzle your family and friends with many of the popular dishes found on veggie combo platters in restaurants all over North America. From saucy wots, spicy stews, and succulent stir-fries to traditional injera-based dishes and fusion foods that blend these unique seasonings into a range of family favorites, fans of this cuisine will be thrilled. Recipes are almost entirely gluten- and soy-free, or can be made so with easy adaptations. You'll also find tips on tools and equipment to time-saving techniques and menu suggestions. Just pull up a mesob (a traditional woven stand or basket), perch your platter on top, and get ready to party Ethiopian style!

All cookbooks have recipes. The best have recipes and ideas. This cookbook thinks hard about the relationship between plants and the planet, between humans and other living beings, all the while making that hard thinking easy for the rest of us. It's a cookbook that's great to look at and fun to read, but don't forget to do the most important thing: cook from it!" - Questlove In my now 35 years of cooking, this is the most revolutionary product I have encountered.- Chef Traci Des Jardins Cook Impossible(TM) at home. Meat-loving gourmets stood in line for hours when the world's top chefs began serving Impossible Burger in 2016. Now, for the first time, these pioneering chefs have joined forces with Impossible Foods' team of culinary leaders to share 40 recipes that are taking the culinary world by storm - and saving the planet, too. Explore dishes and expert tips from Brad Farmerie, Chris Cosentino, Eric Wareheim, Jamie Bissonnette, Ken Oringer, Kwame Onwuachi, Mary Sue Milliken, May Chow, Michael Symon, Tanya Holland, Traci Des Jardins, and more. Delicious recipes include: Pan Fried Chive Dumplings Korean Bulgogi Vietnamese Phó Lasagna

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Bolognese Spicy Jalapeño Burgers Chili Cheese Fries And more! See how top chefs around the world are cooking Impossible Foods' award-winning meat made from plants - with all the mouthwatering flavor, but only a tiny fraction of the environmental impact of meat made from cows.

The national borders contain one of the most fertile swathes of land on the continent. All this makes for a food culture as fascinatingly distinct as it is startlingly delicious. Chef Yohanis takes the reader on a journey through all the essential dishes of his native country, along the way telling wondrous stories. There are recipes for Doro Wat, chicken slowly stewed with berbere spice; Yeassa Alichia, curried fish stew; and Siga Tibs, flashfried beef cubes. The cuisine also boasts a wealth of vegetarian dishes. Among these are Gomen, minced collard greens with ginger and garlic; Azifa, green lentil salad; and Key Shir, marinated beet and potato salad. Then the book explains the intricacies and variations of Injera, the foundational sourdough flatbread made from the teff grain (which is gluten free and more nutritious than wheat). Complete with photography of the country's stunning landscapes and vibrant artisans, this volume demonstrates why Ethiopian food should be considered as one of the world's greatest, most singular and most enchanting cuisines.

Grandmothers from eight eastern African countries welcome you into their kitchens to share flavorful recipes and stories of family, love, and tradition in this transporting cookbook-meets-travelogue. “ Their food is alive with the flavors of mangoes, cinnamon, dates, and plantains and rich with the history of the continent that had been a culinary unknown for much too long. ” —Jessica B. Harris, food historian, journalist, and public speaker, IACP AWARD FINALIST •

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LONGLISTED FOR THE ART OF EATING PRIZE • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New Yorker • The New York Times Book Review • The Washington Post • Bon Appétit • NPR • San Francisco Chronicle • Food Network • Vogue • Delish • The Guardian • Smithsonian Magazine • Salon • Town & Country In this incredible volume, Somali chef Hawa Hassan and food writer Julia Turshen present 75 recipes and stories gathered from bibis (or grandmothers) from eight African nations: South Africa, Mozambique, Madagascar, Comoros, Tanzania, Kenya, Somalia, and Eritrea. Most notably, these eight countries are at the backbone of the spice trade, many of them exporters of things like pepper and vanilla. We meet women such as Ma Shara, who helps tourists “ see the real Zanzibar ” by teaching them how to make her famous Ajemi Bread with Carrots and Green Pepper; Ma Vicky, who now lives in suburban New York and makes Matoke (Stewed Plantains with Beans and Beef) to bring the flavor of Tanzania to her American home; and Ma Gehennet from Eritrea who shares her recipes for Kicha (Eritrean Flatbread) and Shiro (Ground Chickpea Stew). Through Hawa ’ s writing—and her own personal story—the women, and the stories behind the recipes, come to life. With evocative photography shot on location by Khadija Farah, and food photography by Jennifer May, In Bibi's Kitchen uses food to teach us all about families, war, loss, migration, refuge, and sanctuary.

From actor and avid traveler Mena Massoud comes a collection of diverse, delicious, and accessible vegan recipes inspired from dishes all over the world, perfect for everyone at the table! It ’ s safe to say that veganism is no longer just a trend. Lifelong vegans, part-timers, and aspiring vegans are a diverse and eclectic group of people from all walks of life

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and backgrounds, and yet, there ' s very little out there in mainstream media that reflects this new reality. The Evolving Vegan cookbook celebrates both flavors and stories from a wide array of plant-based eateries all across North America, proving that a plant-friendly diet is truly accessible to all! In this book you will meet Cyrus Ichiza from Ichiza Kitchen in Portland, whose Taiwanese mother inspired him to share his Southeast Asian roots through authentically flavorful vegan dishes. You ' ll learn legendary behind-the-scenes secrets of San Francisco ' s Peña Pachamama, a Bolivian plant-based restaurant that serves national dishes like pique macho and aji de fideo. And you can finally conquer veganism once and for all, without sacrificing the delicious flavors you love. Containing recipes from many different countries and cultures, and including helpful tips for lifelong and transitioning vegans alike, Evolving Vegan takes you on a food-based road trip to explore the vibrancy of veganism across North America.

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