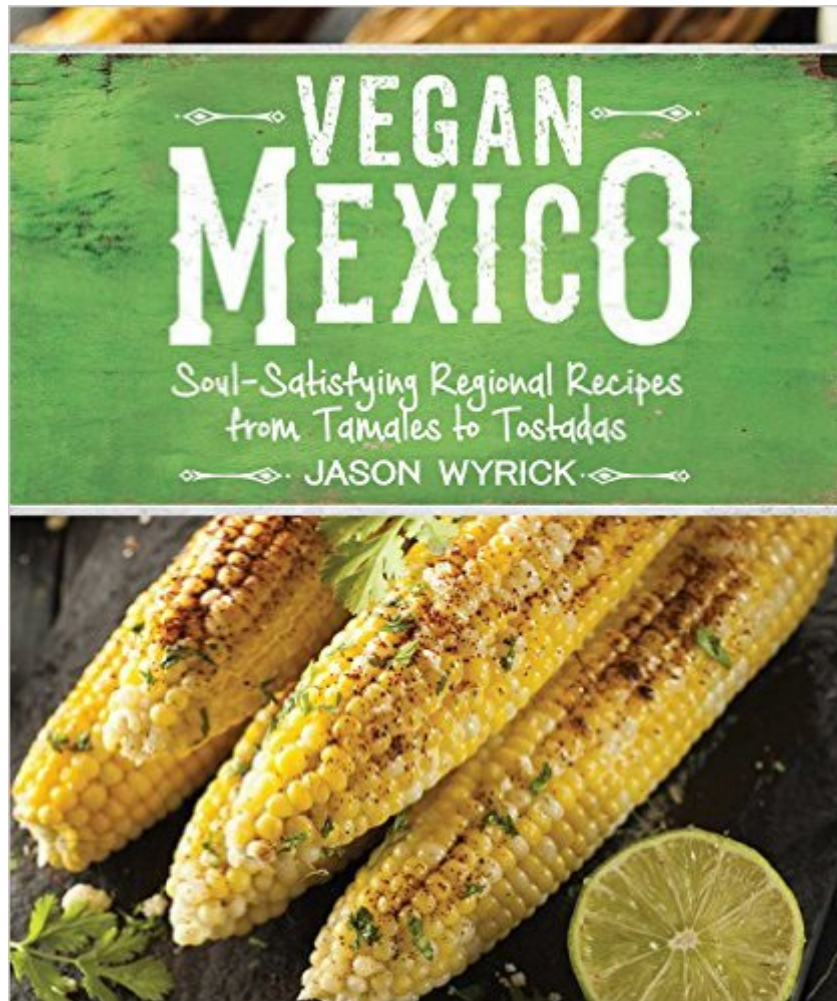


The book was found

Vegan Mexico: Soul-Satisfying Regional Recipes From Tamales To Tostadas



Synopsis

The first cookbook of vegan regional Mexican recipes. The author of the best-selling Vegan Tacos explores the magic of Mexico's regional cooking. Enjoy the exotic flavors of these diverse cuisines without leaving your kitchen. Jason's delicious recipes capture the essence of the moles of Oaxaca, the Mayan legacy of the Yucatan, the smoky chile flavors of Zacatecas, the fruit-centric Southern regions, the Spanish influence of Veracruz, and the street food of Mexico City. Recipes include: Oaxacan Black Beans, Blue Corn Mushrooms, Bocolos, Four Chile Noodle Soup, Classic Sweet Corn Tamales, Old-Style Street Enchiladas, Sonoran Machaca Burritos, Sweet Potato Pastelitos, Tres Leches Cake. A leading authority in vegan Mexican cooking, Jason shares the core concepts for making authentic Mexican cuisine and tie the recipes to their place in the story of Mexico. Readers will come away with a new understanding and admiration for the diversity and flavors of Mexico and be inspired to make delectable main dishes, soups, spreads, sandwiches, breads, desserts, snacks, and much more.

Book Information

Paperback: 292 pages

Publisher: Vegan Heritage Press, LLC (November 1, 2016)

Language: English

ISBN-10: 1941252214

ISBN-13: 978-1941252215

Product Dimensions: 7.5 x 0.6 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Best Sellers Rank: #4,068 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Regional & International > Mexican #16 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

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

Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas
Vegan: 100 Delicious Recipes For The Beginner Vegan, : Lean Meals, Diet Plans, slow cooker, recipes (vegan cookbook, vegan diet, vegan recipes, vegan ice cream, vegan ... cooker, vegan protein powder, vegan protein)
Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2)
Tamales 101: A Beginner's Guide to Making Traditional Tamales
Mexico: A Traveler's Guide to the Must-See Cities in Mexico! (Mexico City, Cancun, Cozumel, Mazatlan, Puerto Vallarta, Guanajuato,

San Miguel de Allende, Oaxaca, Merida, Tulum, Mexico) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes for Optimal Health Tacos, Tortas, and Tamales: Flavors from the Griddles, Pots, and Streetside Kitchens of Mexico 250 Treasured Country Desserts: Mouthwatering, Time-honored, Tried & True, Soul-satisfying, Handed-down Sweet Comforts Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over_Picky kids will try it, hungry adults won't miss meat, and holiday traditions can live on! (But I Could Never Go Vegan!) The Vegan Slow Cooker: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan or Not!) Will Devour PETA'S Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School From Tea Cakes to Tamales: Third-Generation Texas Recipes (Clayton Wheat Williams Texas Life Series) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Anatomy: A Regional Atlas of the Human Body (ANATOMY, REGIONAL ATLAS OF THE HUMAN BODY (CLEMENTE)) Vegan Tacos: Authentic and Inspired Recipes for Mexico's Favorite Street Food Rawsome Vegan Baking: An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker

[Dmca](#)