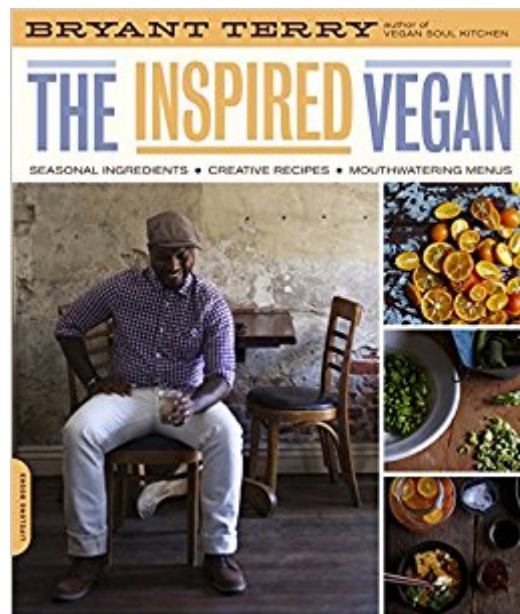




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# The Inspired Vegan: Seasonal Ingredients, Creative Recipes, Mouthwatering Menus



## Synopsis

From the author of *Vegan Soul Kitchen*: ingredients that inspire, unique recipes, and menus for everyday feasts. Marking his 10-year anniversary working to create a healthy, just, and sustainable food system, Bryant Terry offers more than just a collection of recipes. In the spirit of jazz jam sessions and hip hop ciphers, *The Inspired Vegan* presents a collage of food, storytelling, music, and art. Bryant shares his favorite preparation / cooking techniques and simple recipes "basics to help strengthen your foundation for home cooking and equip you with tools for culinary improvisation and kitchen creativity. He also invites you to his table to enjoy seasonal menus inspired by family memories, social movements, unsung radical heroes, and visions for the future. Ultimately, *The Inspired Vegan* will help you become proficient in creating satisfying meals that use whole, fresh, seasonal ingredients and are nutritionally balanced "and full of surprising, mouthwatering flavor combinations.

## Book Information

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## Customer Reviews

Props for Bryant Terry: San Francisco Bay Guardian, Best of the Bay Awards 2012, "Best Cookbook Cheftivist" • The New York Times "This young food activist make Southern cooking healthy and cool." • Alice Waters, chef, author, and proprietor of Chez Panisse "Bryant Terry knows that good food should be an everyday right and not a privilege." • Raj Patel, author of *The Value of Nothing* and *Stuffed and Starved*, October 16, 2011 "Bryant Terry is a culinary muse unlike any other. His great gift is to reconnect us with the radical joy that food brings, making

inspired vegans out of us all.â

- Â Adam Mansbach, author of the #1 New York TimesÂ bestseller *Go the F\*ck to Sleep*, October 17, 2011
- âBryant Terryâs funky, flavorful cuisine is remixing our dietsâheâs the Pete Rock of collard greens. This is more than a cookbook; itâs a call to action, a recipe for a more just and delectable world.â
- Â Isa Chandra Moskowitz, coauthor of *Veganomicon*, November 2, 2011
- "Bryant Terry's recipes manage the impossible: everyday cooking that is approachable and homey, yet always creative, flavorful and never mundane."â
- Tuscan Citizen*, 2/24/12
- âThis is more than a collection of recipesâit is a sassy collage of stories, music, art, and of course, delicious vegan cuisine.â
- Technorati, 3/6/12
- âA fabulous mix of African-American, Southern, and vegan recipes and menus that reminds us of what it means to miss New Orleans.â
- VegNews, April 2012
- âFlipping through *The Inspired Vegan* is more like sitting on a barstool next to Terry while he works away at the kitchen counter.â
- The sheer amount of information included in the book is impressive on its ownâeach recipe comes complete with a soundtrack and recommended book or filmâ
- [This book could be a course for college credit, and should be. Oh, and it happens to have stop-in-your-tracks recipesâ
- [Terryâs passion of for justice comes through just as clearly as his enjoyment of open, delicious food and the combination works wonderfully. This is a book youâll want to spend time with, put down, pick up, splatter sauce on, plan parties from, and share with everyone you know.â
- Â Taste for Life, April issue
- âSoulful approach to healthy livingâ
- [Terry offers recipes that can bring people together in the celebration of healthy, delicious food"
- Portland Press Herald, 9/12/12
- JET Magazine, 1/23/12
- âThe book is overflowing with great entrÃ©e ideasâ
- VegNewsâ
- [Terryâs] âbest book yet.â
- Â Jose Mercury News, 2/13/12
- âThe *Inspired Vegan* is loaded with unexpected delicaciesâ
- Â Publishers Weekly, 2/20/12
- Terry is a cultural omnivore who takes his own inspiration from music, film, and art, and he punctuates his recipes with suggested playlists and readings. In all, this is a wonderful volume for mindful, socially conscious, and urbane cooks.â
- Â Library Journal, 2/15/12
- âTerryâs follow-up to his excellent *Vegan Soul Kitchen* lays bare the many inspirations behind his creative vegan cuisine. Each of 12 seasonal menus begins with a quote and a story, and Terry lists book and music recommendations in sidebars. This approach, while unconventional, offers an intriguing way to connect to Terryâs recipesâ
- [Highly recommended for vegans who like to entertain.â
- Â

Bryant Terry is an award-winning chef and food justice activist. He is the author of *Vegan Soul Kitchen*, and coauthor of *Grub: Ideas for an Urban Organic Kitchen* with Anna LappÃ©.Â He lives in Oakland, California with his wife and daughter.

I have only tried one full meal from this cookbook but it all looks so good and what I did cook was stellar. I cooked an Indian inspired meal of asparagus and sweet potato curry, saag and tofu, and yellow rice. His spice suggestions were so good. So well seasoned and flavored and rich in flavor but still fresh. The biggest tip I have taken so far is baking the tofu cubes with oil and spices. This achieves a nearly fried crisp without all of the fuss of the tofu sticking to the pan on the stovetop. Since the cookbook is broken up by giving recipes for a full meal, the one thing that would make this cookbook super cool would be a run down of how to multi-task the cooking. You can do this yourself by flipping between the recipes and checking for duplicate ingredients to prep at once but having it all laid out would be handy. It's not a deal breaker by any means though. Many of the recipes set within full meals can easily be meals on their own as well. I'm looking forward to delving deeper. I can tell already that his spice and flavor profiles are much different than anything other cookbook I have (which is great!)

I love this cookbook! The first thing I made was the Roasted Winter Vegetable Jambalaya which called for parsnips. I had never eaten parsnips before but decided to give them a try. YUM! The author even offers a great vegetable stock recipe that you can make and freeze for future use. You NEED this book in your collection whether you are a carnivore, herbivore, flexitarian, vegetarian or pescatarian.

Everything I've made from this cookbook has tasted so good. Bless this man for putting together a vegan cookbook that has flavor.

Bryant Terry can do no wrong in my eyes. I am transitioning to a more compassionate diet and his books are extremely helpful in that endeavor. I need flavor, I need complexity and texture and Bryant Terry makes sure that my needs are met.

The Inspired Vegan had many interesting and creative takes on southern style recipes. I like how the Chef also put the recipes together in little menu's. This takes the hard work out of throwing a quick get together. So many great ideas!

Quite simply, this book is goood! Tonight I made the Roasted Winter Vegetable Jambalaya and Wilted Dandelion Greens with Hot Garlic Dressing and Garlic Chips (The Savory Grits and the

Garlic-Braised Gai Laan are on deck for tomorrow!). Test of success? Getting new food past my finicky little ones. Verdict? They loved it! As a homeschooler, I was particularly thrilled by the learning presented in 'The Inspired Vegan'. Yes you can learn new and delicious recipes (Recipes which actually work, by the way). But you can also learn a bit about seasonal eating, about other political and food activists and about ideas around community building. I love the addition of like-minded websites following each mini-chapter. And the suggested music and book recos! Seriously, 'The Inspired Vegan' could serve not only as an awesome cookbook, but also as a fantastic resource for teachers and students alike! Bravo Mr. Terry!

I love the organization of this book. Entire coordinating and seasonal meals are set out including drinks, appetizers, main dishes and desserts. Each meal includes brief, inspirational background information and recommends movies, stories and songs to complement the theme and season. Many of the ingredients will already be in a well-stocked kitchen. Last night after arriving home late from a trip, I was able to whip up the cornmeal Johnny Cakes with caramelized onions and the butter beans (I used canned) and tomato drenched collards with parsley. Also... this is a perfect book when you're cooking for non-vegans because it will probably not even cross their minds that all these dishes are made without animals. I'm so happy with this book and totally recommend it.

The inspiring thing about this cookbook is the soundtrack and books that Bryant recommends with his recipes! It makes for good reading and he provides great initial information about cooking in general. Great recipes!!

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