

— AMERICA'S —
TEST KITCHEN

VEGAN FOR EVERYBODY

**Foolproof Plant-Based Recipes for
Breakfast, Lunch, Dinner, and In-Between**



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about this book

Eating vegan is going mainstream. The benefits of consuming fewer animal products appear frequently in the news, and public figures have openly embraced the tenets of a vegan diet. Whether for health, environmental, or political reasons, more people are looking to get plant-based meals onto their table.

But eating vegan can seem overwhelming: Will it be flavorful? Satisfying? Easy to make? We wanted to address head-on what intimidates people: finding great-tasting and filling protein options, cooking without dairy, preparing whole grains and vegetables, and even baking.

We make eating vegan accessible to all

With more than 150 vibrant, foolproof recipes including proper day-starters, "cheesy" pizza you'll actually want to eat, filling vegetable-and-grain bowls, new dinner favorites, appetizers, DIY staples, and the best birthday cake, this cookbook has something for everyone—the committed vegan or simply those looking to freshen up their cooking. Vegan cooking and baking pose unique challenges: Without animal fats for flavor, dairy for thickening, or eggs for leavening, recipes can fall flat—literally. We put vegan ingredients and recipes through the ringer as only the test kitchen can to create flavorful, inspiring dishes that work every time.

We decode the vegan pantry

What is nutritional yeast and how do you use it to boost flavor in vegan recipes? Which store-bought vegan cheeses are any good? Which are our favorite brands of vegan mayonnaise? What's the best replacement for eggs in baking: ground flaxseeds or aquafaba (the liquid in a can of chickpeas)? Does it matter what kind of plant-based milk you use in cooking? We answer all your questions.

We also point out which vegan pantry items are worth making at home so they taste better and you know exactly what's going into them. You'll find DIY recipes for vegan mayonnaise, coconut yogurt, nut milks, cashew cheese, tofu, and more.

Vegan recipes that work

This book covers modern and exciting naturally vegan recipes as well as vegan makeovers of many of your favorites. We've included breakfast recipes like coffee cake and tofu rancheros; dairy-free soups like creamless creamy tomato and vegan ramen; satisfying sandwiches and vegan burgers; vibrant salads like wheat berry and spinach salad with oranges and chickpeas; balanced bowls like farro with mushrooms, crispy tofu, and miso-sesame sauce; and hearty dinners like cauliflower steaks. And we don't forget the comfort foods you thought you'd miss, including roasted poblano and black bean enchiladas and mushroom pizza with cashew ricotta, and even desserts like chocolate chip cookies and pumpkin pie.





**Currant
Scones
makes 8
scones**

- 2 cups (10 ounces) all-purpose flour
- 3 tablespoons organic sugar (see page 000)
- 1 tablespoon baking powder
- ½ teaspoon salt
- 5 tablespoons coconut oil
- ½ cup dried currants
- ¾ cup unsweetened soy creamer

Why This Recipe Works Traditional British-style cream scones are light, fluffy, and just sweet enough so that they can be enjoyed with your favorite jam. Most scones are made by pulsing cubes of chilled butter into the dry ingredients in the food processor. We liked coconut oil for the fat in our vegan version, but it doesn't have the water in it that butter does so it behaves slightly differently—in fact, it's even easier to work with. We found we didn't even need to chill the coconut oil; instead, we pinched room-temperature coconut oil, which is solid but relatively soft, into pieces before pulsing them into the dry ingredients. Incorporating the coconut oil in this way insured even distribution and that some of the flour granules were coated with the fat, which in turn limited gluten development for a tender, cakey crumb. The dough will be quite soft and wet; dust the counter and your hands with flour. Make sure not to overwork the dough.

1 Adjust oven rack to middle position and heat oven to 450 degrees. Set rimmed baking sheet in second rimmed baking sheet and line with parchment paper.

2 Pulse flour, sugar, baking powder, and salt together in food processor until combined, about 3 pulses. Pinch off ¼-inch pieces of oil into flour mixture and pulse until mixture resembles coarse cornmeal with some pea-size pieces of oil remaining, about 10 pulses. Transfer mixture to large bowl and stir in currants. Stir in dairy-free creamer until dough begins to form, about 30 seconds.

3 Turn dough and any floury bits out onto floured counter and knead until rough, slightly sticky ball forms, 5 to 10 seconds. Pat dough into 8-inch round and cut into 8 wedges. Space wedges about 2 inches apart on prepared sheet. Bake until tops are light golden brown, 12 to 15 minutes, rotating sheet halfway through baking. Transfer scones to wire rack and let cool for at least 10 minutes. Serve warm or at room temperature.

VARIATION

Maple Glazed Pecan Scones

Substitute ½ cup pecans, toasted and chopped, for currants. While scones cool, whisk 1¾ cup organic confectioners' sugar, 6 tablespoons maple syrup, and 1 tablespoon water in bowl until smooth. Pour glaze over cooled scones and let sit for 10 minutes before serving.

TESTING NOTES Dairy-Free Creamers

OUR FAVORITE Soy creamer

ALSO TESTED Almond creamer adds a slightly salty, metallic flavor and produces slightly tougher scones. Coconut creamer makes denser, drier scones.

Sizzling Saigon Crêpes (Banh Xeo) makes 9 crêpes; serves 8

DRESSING & GARNISH

- 1/3 cup fish sauce substitute (see page 60)
- 1/4 cup warm water
- 3 tablespoons lime juice (2 limes)
- 2 tablespoons sugar
- 2 Thai, serrano, or jalapeño chiles, stemmed, seeded, and minced
- 1 garlic clove, minced
- 2 heads red or green leaf lettuce, leaves separated and left whole
- 1 cup fresh Thai basil leaves
- 1 cup fresh cilantro leaves

CRÊPES

- 2 3/4 cups water
- 1 3/4 cups rice flour
- 1/2 cup coconut milk
- 4 scallions, sliced thin
- Salt
- 1 teaspoon ground turmeric
- 1/4 cup vegetable oil
- 1 onion, halved and sliced thin
- 1 pound carrots, peeled and shredded
- 6 ounces (3 cups) bean sprouts

Why This Recipe Works Named for the appetite-inducing sound these crêpes make when the batter hits a hot wok, sizzling Saigon crêpes are best described as paper-thin eggless Vietnamese omelets. The crispy, yellow rice-flour crêpes are stuffed with fillings, wrapped with lettuce and herbs, and dipped into a sweet-tart sauce. We chose a filling of shredded carrots, onions, and bean sprouts. The batter for the crêpes is simple: just water, rice flour, and coconut milk. To give them a subtle savory flavor, we added scallions and turmeric. And for the dressing, we combined fish sauce substitute with lime juice, sugar, minced fresh chiles, and garlic. Rice flour is available at some supermarkets and can also be found in natural foods stores. To make this dish spicier, add in the chile ribs and seeds. If you can't find Thai basil, you can substitute regular basil. To allow for practice, the recipe yields one extra crêpe.

1 FOR THE DRESSING AND GARNISH Whisk fish sauce substitute, water, lime juice, sugar, chiles, and garlic together in bowl until sugar dissolves. Divide dressing among 6 small dipping bowls. Arrange lettuce, basil, and cilantro on serving platter.

2 FOR THE CRÊPES Adjust oven rack to middle position and heat oven to 200 degrees. Set wire rack in rimmed baking sheet. Whisk water, flour, coconut milk, scallions, 1 teaspoon salt, and turmeric together in bowl until combined.

3 Heat 1 tablespoon oil in 10-inch nonstick skillet over medium-high heat until shimmering. Add onion and 1/2 teaspoon salt and cook until onion is softened, 5 to 7 minutes. Transfer to bowl. Add carrots to skillet and cook until tender, about 2 minutes. Transfer to bowl with onions and let cool slightly. Stir in bean sprouts.

4 Wipe out skillet with paper towels. Heat 1 teaspoon oil in now-empty skillet over medium-high heat until just smoking. Quickly stir batter to recombine, then pour 1/2 cup batter into skillet while swirling pan gently to distribute it evenly over pan bottom. Reduce heat to medium and cook crêpe until edges pull away from sides and are deep golden, 3 to 5 minutes.

5 Gently slide spatula underneath edge of crêpe, grasp edge with fingertips, and flip crêpe. Cook until spotty brown on second side, 2 to 3 minutes. Slide crêpe out of skillet and onto prepared wire rack and transfer to oven to keep warm. Repeat with remaining oil and remaining batter.

6 Divide carrot mixture evenly among crêpes and fold crêpes in half. Serve crêpes with dipping sauce, passing garnish platter separately. (To eat, slice off wedge of crêpe, wrap in lettuce leaf, sprinkle with basil and cilantro, and dip into sauce.)



Pan-Seared Tempeh Steaks with Chimichurri Sauce

serves 4

Why This Recipe Works Made from whole fermented soybeans and a mix of grains, tempeh has a firmer, chewier texture than tofu, but it is just as good at soaking up all kinds of interesting flavors. Looking for an easy but impressive and satisfying tempeh recipe, we gave it a similar treatment to steak. Marinating the tempeh in a highly seasoned base infused it with flavor, then patting the tempeh dry and pan-searing it created a crispy edge and made the texture more cohesive. Next, we wanted to balance the tempeh's earthy flavor by serving it with a bright herb sauce. Chimichurri sauce is a traditional condiment for steak that combines parsley, wine vinegar, oil, lots of garlic, oregano, and a good dose of red pepper flakes. It paired perfectly with our tempeh, lending bright flavor and richness to the seared "steaks."

1 Combine water, $\frac{1}{4}$ cup vinegar, half of garlic, 1 teaspoon oregano, and $\frac{1}{4}$ teaspoon pepper flakes in 1-gallon zipper-lock bag. Add tempeh, press out air, seal, and toss to coat. Refrigerate tempeh for at least 1 hour or up to 24 hours, flipping bag occasionally.

2 Pulse parsley, $\frac{1}{2}$ cup oil, remaining 2 tablespoons vinegar, remaining garlic, remaining 1 teaspoon oregano, remaining $\frac{1}{4}$ teaspoon pepper flakes, and $\frac{1}{2}$ teaspoon salt in food processor until coarsely chopped, about 10 pulses. Transfer to bowl and season with salt and pepper to taste.

3 Remove tempeh from marinade and pat dry with paper towels. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium heat until shimmering. Add 4 pieces tempeh and cook until golden brown on first side, 2 to 4 minutes.

4 Flip tempeh, reduce heat to medium-low, and continue to cook until golden brown on second side, 2 to 4 minutes; transfer to platter. Wipe out skillet with paper towels and repeat with remaining 2 tablespoons oil and remaining tempeh. Serve with parsley sauce.

VARIATION

Pan-Seared Tempeh Steaks with Chermoula Sauce

Omit oregano. Substitute lemon juice for red wine vinegar, $\frac{1}{4}$ teaspoon cayenne for red pepper flakes, and cilantro for parsley. Add $\frac{1}{2}$ teaspoon ground cumin and $\frac{1}{2}$ teaspoon paprika to tempeh marinade. Add $\frac{1}{2}$ teaspoon ground cumin and $\frac{1}{2}$ teaspoon paprika to sauce.

- $\frac{1}{4}$ cup water
- 6 tablespoons red wine vinegar
- 6 garlic cloves, minced
- 2 teaspoons dried oregano
- $\frac{1}{2}$ teaspoon red pepper flakes
- 1 pound tempeh, cut into $3\frac{1}{2}$ -inch-long by $\frac{3}{8}$ -inch-thick slabs
- 1 cup fresh parsley leaves
- $\frac{3}{4}$ cup extra-virgin olive oil
- Salt and pepper





PUBLICATION DATE APRIL 4, 2017

US \$29.95 / \$34.95 CAN • 7 $\frac{7}{8}$ x 9 $\frac{5}{8}$ • 328 pages • Paperback • Four-color throughout • ISBN 978-1-940352-86-2
Please Note: Reviewers should check any quoted material for reviews against the final book.

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Front cover photo: Joe Keller; Food styling: Marie Piraino

