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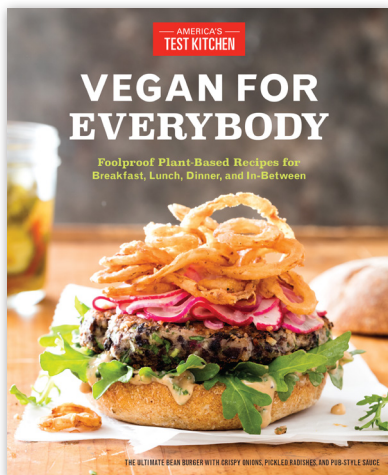
Contact: Becky Wisdom
617.232.1000 ext. 4103
becky.wisdom
@americastestkitchen.com

DISCOVER HOW FLAVORFUL AND SATISFYING VEGAN COOKING CAN BE WITH FOOLPROOF PLANT-BASED RECIPES FOR EVERY MEAL

Eating vegan is going mainstream. More people are looking to get plant-based meals onto their tables, even just occasionally, for reasons ranging from health to politics to cooking for vegan friends and family. Yet the prospect of eating vegan can be intimidating, leaving home cooks asking, “Will it be flavorful? Satisfying? Easy to make?” To address these questions head-on, America’s Test Kitchen introduces *Vegan for Everybody*, which brings our rigorous approach to recipe testing to plant-based cooking. Along the way, we discovered the secrets and techniques to making the best, foolproof vegan dishes. With these tools, we aim to inspire everyone to enjoy fresh, filling recipes for every meal, plus superlative baked goods that will wow you with their flavor and texture.

Vegan for Everybody features a varied roster of vibrant recipes. We wanted to showcase vegetables and whole grains at the center of the plate in satisfying dishes such as charred Chile-Rubbed Butternut Squash Steaks with Ranch Dressing and Baja-Style Cauliflower Tacos. But we also created plant-based versions of favorites, including Creamy Cashew Mac and Cheese and Hearty Vegetable Lasagna. Everyone will love grain and noodle bowls such as our Spicy Peanut Rice Noodle Bowl with a rich curried peanut sauce that coats tender-chewy rice noodles topped with cabbage, edamame, and pickled carrots. We also put familiar ingredients to surprising uses, pureeing potatoes and carrots for Nacho Dip that tasters couldn’t believe contained no cheese.

There are seemingly endless approaches to vegan cooking, and most recipes we tried failed to deliver fantastic flavor. Our testing unlocked the secrets and science to optimizing the vegan diet and uncovered foolproof techniques that guaranteed results unlike the rest. One of our biggest takeaways: Simply exchanging vegan ingredients for nonvegan ones doesn’t cut it. When swapping in dairy-free milk and store-bought vegan cheese for our Fettuccine Alfredo yielded bland, grainy results, we blended cooked cauliflower and cashews into a silky, decadent but not heavy sauce. And we didn’t settle for pale or pasty vegan baked goods. We achieved a never-fail Yellow Layer Cake with a fluffy crumb—the ultimate challenge in vegan baking—by folding in whipped aquafaba, the liquid that comes in a can of chickpeas, and using oat milk, which helped the cake layers brown.



**VEGAN FOR EVERYBODY:
FOOLPROOF PLANT-BASED
RECIPES FOR BREAKFAST,
LUNCH, DINNER, AND
IN-BETWEEN**

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Please visit veganforeverybody.com for a complete table of contents, featured recipes, high-resolution assets, and more materials.

Finally, we show that cooking vegan doesn't require overhauling your pantry. If anything, we were surprised that virtually all of the building blocks of vegan cooking (apart from a container of nutritional yeast and some dairy-free milk) involved foods we already had on hand. In fact, expensive processed items, like dairy-free cheese, were better left on the supermarket shelves. We got better results using pantry staples such as tomato paste and miso, by making our own cheeses and condiments.

Vegan for Everybody offers recipes people will not only feel good about eating but also come to love, whether the cook is a first-timer or a committed vegan. And they'll work every time.

Here are some of the most interesting tips, tricks, and tidbits the test kitchen discovered along the way:

Aquafaba Is a Fabulous Egg Replacement

Aquafaba is the liquid that comes in a can of chickpeas—and you don't want to throw it away. After testing our way through every egg replacement under the sun, from applesauce to chia seeds, we returned time and again to this starchy liquid, which whips up like egg whites. It gave our Yellow Layer Cake (page 284) a fluffy crumb like that of its nonvegan counterpart. But without clear guidelines for how to use it, we put this liquid through the wringer, aiming to achieve the perfect foam that would translate into well-risen Blueberry Muffins (page 58) and even ethereal Aquafaba Meringues (page 276). The secret: Whipping the aquafaba with cream of tartar, just like we do to whipped egg whites, provided the aquafaba foam with structure. Muffins and cakes made without cream of tartar were shorter, more stout, and pasty-crumbed. We also wondered if other bean liquids whip as well. We whipped the liquid from cans of black, pinto, and cannellini beans in a stand mixer for 10, 30, even 45 minutes to find out. See the results of our experiment on page 37, and check out all of our findings on this magical ingredient on page 34.

Cauliflower: An Unlikely Hero

What we once thought of as a pleasant but unassuming vegetable is truly a powerhouse ingredient in the vegan kitchen, giving traditionally creamy, cheesy dishes smooth richness—without cream or cheese. How? Cooked cauliflower is particularly low in insoluble fiber, so it blends (along with cashews) into a silky-smooth sauce that became our base for indulgent pasta dishes like Creamy Cashew Mac and Cheese (page 184). Its nutty flavor is great in soups like our Creamy Curried Cauliflower Soup (page 86). And its meaty texture makes it an excellent stand-in for animal proteins. We cut it into steaks, which we sear and pair with a vibrant salsa verde sauce (page 202), swap it in for fish in our inspired Baja-Style Cauliflower Tacos (page 133), and trade in florets for chicken with game-day Buffalo Cauliflower Bites (page 262).

Unlocking Umami

Vegan cooking is never boring when you have some essential flavor-boosters on hand. By turning to umami-packed ingredients like miso, tomato paste, and soy sauce we were able to create meaty flavor without the meat. Miso was of particular value; it's packed with the glutamates that give foods umami depth. You'd be hard-pressed to tell that our vegan Almost Hands-Free Mushroom Risotto (page 196) doesn't include butter or Parmesan—a base of miso mimics the flavor and creaminess of both. In Fettuccine Alfredo (page 189), it provides the savor typically added by Parmesan cheese. And creamy Miso-Ginger Sauce can be drizzled on rice dishes, bowls, sandwiches, and more to heighten their flavor (page 167).

Making Sense of the New “Cheeses”

Dairy-free cheeses exist, but they're nothing like the real thing. We tried to use them in recipes but ended up with off-tasting, plasticky mozzarella on pizzas and dairy-free cheddars that tasted artificial and never fully melted into grits and pasta dishes no matter how long we stirred the pot. A far better solution to capturing the richness, creaminess, and even funkiness that cheese provides was to make our own. We developed a Vegan Parmesan Substitute (page 27) from nuts that you'll want to serve with everything and a creamy Cashew Ricotta (page 27) that we dollop over Hearty Vegetable Lasagna (page 190) to provide the requisite richness.

Tempeh, The Underrated Protein

Tempeh tends to play second fiddle to tofu and on its own may seem boring. Not any more: We found that when we marinated tempeh in a vinegar-based elixir, it softened, lost its bitter edge, and became intense in flavor, as in Pan-Seared Tempeh Steaks with Chimichurri Sauce (page 206). Barbecue Tempeh, Mushroom, and Bell Pepper Skewers (page 214) prove why it's our go-to plant-based protein for a lively meal with bold flavors. Learn all about it on page 15.

Buttery Flavor and Color—Without Butter

Vegan baked goods are notoriously pale and bland because they lack the milk proteins and richness of their buttery counterparts. After testing our way through many dairy-free milks, we chose oat milk for baking. It's naturally higher in sugar than other alternatives so Classic Pancakes (page 61) achieve a classic griddled exterior and Yellow Layer Cake (page 284) bakes up looking golden brown and appetizing. Coconut oil often stood in ably for butter in the flavor department, but for our Chocolate Chip Cookies (page 272) we needed more help to build the toffee-like notes of the traditional treats. The secret ingredient? Toasty and rich almond butter gave our vegan cookies the butterscotch notes of nonvegan versions.

MEDIA REQUESTS

The editors of *Cook's Illustrated* and *Cook's Country* are available for interviews upon request. For more information or for television, radio, or print interview requests, contact:

Becky Wisdom
617.232.1000 ext. 4103
becky.wisdom
@americastestkitchen.com

About America's Test Kitchen



America's Test Kitchen is a 2,500-square-foot kitchen located just outside Boston. It is the home of *Cook's Illustrated* and *Cook's Country* magazines and is the workday destination of more than 60 test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and until we arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of products that offer the best value and performance. You can watch us work by tuning in to our public television shows, *America's Test Kitchen* and *Cook's Country from America's Test Kitchen*.

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