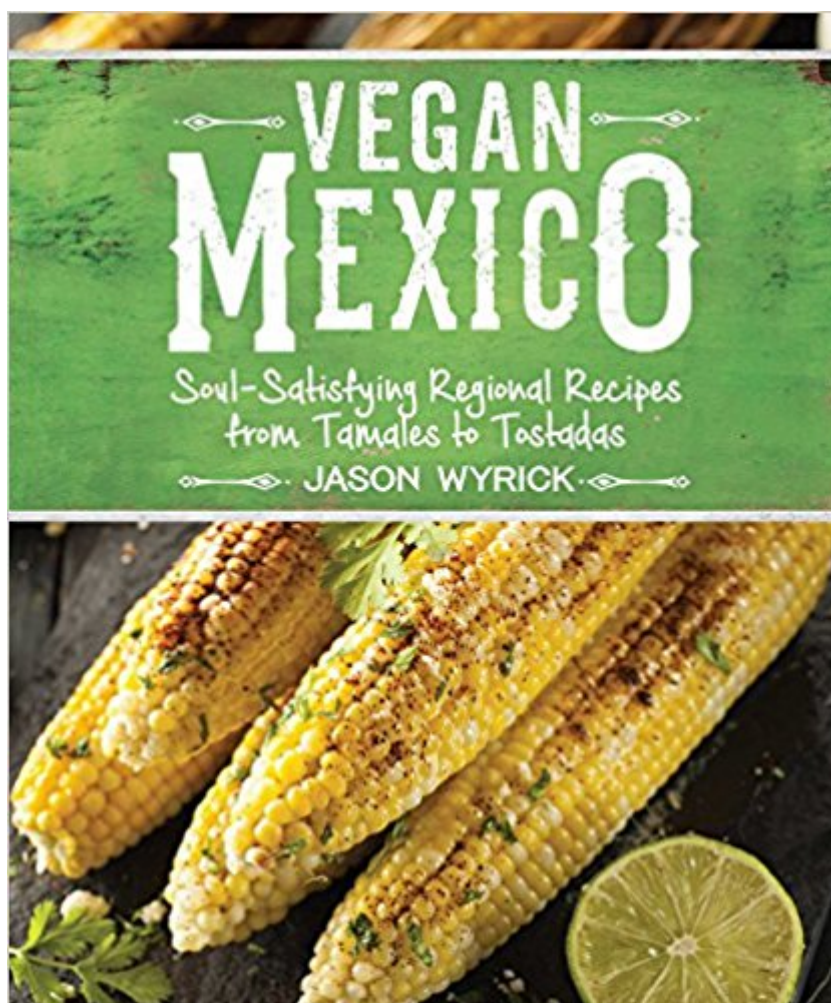




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# Vegan Mexico: Soul-Satisfying Regional Recipes From Tamales To Tostadas



## 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

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## Customer Reviews

Jason Wyrick is an author, executive chef, cooking teacher, caterer, and founder of the nation's first vegan food magazine, The Vegan Culinary Experience. The author of Vegan Tacos, he co-authored the New York Times best-selling book 21-Day Weight Loss Kickstart with Neal Barnard, MD, and has taught alongside many medical and dietary professionals. Jason was the first vegan culinary instructor in the Le Cordon Bleu program. He has catered for major corporations, including Google and taught vegan cooking classes worldwide. His work has been

featured in the New YorkTimes, Vegetarian Times, and on both local and national television.

I love this. I am not a vegan but often cook for some who is. I would recommend this to anyone who wants to cook authentic Mexican food. The instructions are clear, and it covers everything I was looking for and more. For the record, I am an experienced cook, and I have cooked a lot of Southwestern style food, and am now excited to redirect myself to more authentic Mexican fare.

I just received this book after having it on pre-order since I got his previous bookVegan Tacos: Authentic and Inspired Recipes for Mexico's Favorite Street Food. I immediately sat down, intending to browse through it and I ended up reading the whole book. I am really impressed and plan to make many of the recipes. But I'm giving it five stars right now because it is such a good book to read and learn more about Mexican food. I was also happy that many of the recipes have a low fat (i.e. no added oil) option, for example telling you how to bake instead of fry certain dishes.Unfortunately for me there is no low-fat option for tamales. The photos are great and many many of the recipes have photos, though not all.

....for REAL Mexican cooking. Even if you're not vegan, these recipes are inspiring and seem really authentic. I got it because I've mostly cut out meat and cheese from my diet, and with these recipes, nothing feels lacking.

I was cooking quite a bit of Mexican food before I went vegan, this book has plenty of good subs and recipes.

Really love this cookbook. Ready to try a few of the recipes in it experience tells me from having a lot of cookbooks and being a cook, that the recipes here seem to have what it takes for delicious meals! Will let you know when we get a few of the dishes from imagination to table. LOL

Bought this for my mom and she LOVES the recipes! She's made several and is having a blast.

Great book with a ton of recipes, you will definitely find something you'll like in this book. Worth a try if you want to try some Mexican vegan recipes.

This cookbook is really fantastic! I love how many options there are for substitutions. For example,

a recipe may call for seitan but also give option for replacing with vegan cheese or mushrooms etc. You can tell this book comes from the heart. A lovely addition to my collection!

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