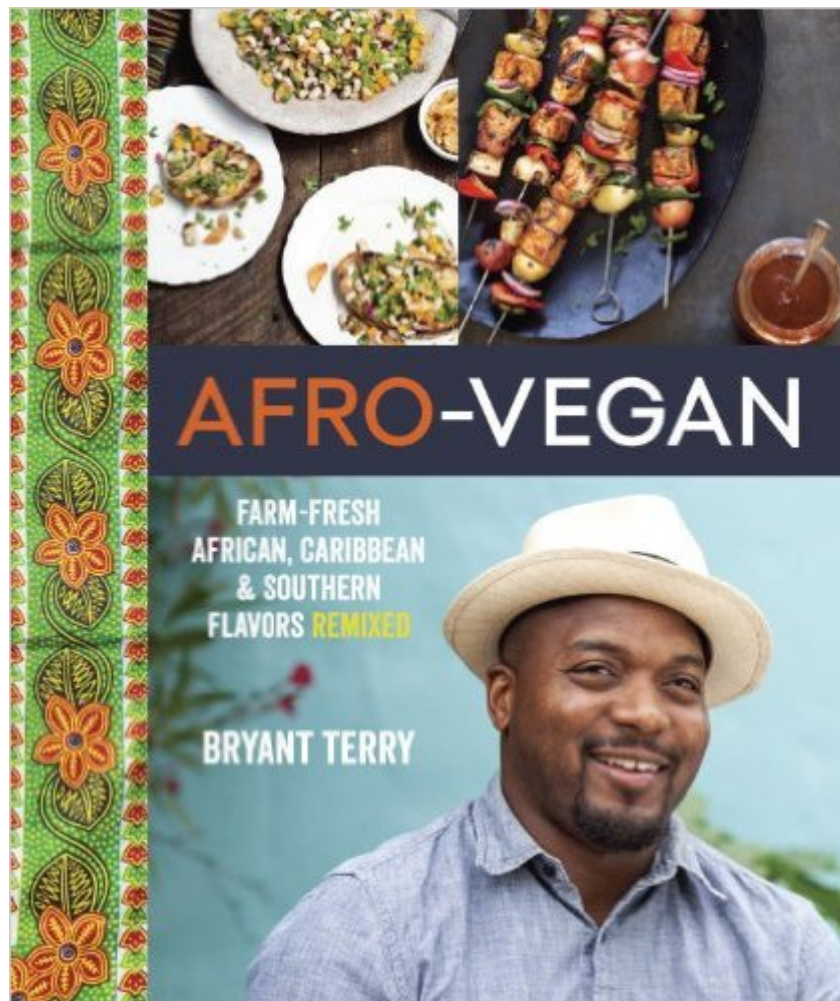


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# Afro-Vegan: Farm-Fresh African, Caribbean, And Southern Flavors Remixed



## Synopsis

African, Caribbean, and southern food are all known and loved as vibrant and flavor-packed cuisines. In *Afro-Vegan*, renowned chef and food justice activist Bryant Terry reworks and remixes the favorite staples, ingredients, and classic dishes of the African Diaspora to present wholly new, creative culinary combinations that will amaze vegans, vegetarians, and omnivores alike. Blending these colorful cuisines results in delicious recipes like Smashed Potatoes, Peas, and Corn with Chile-Garlic Oil, a recipe inspired by the Kenyan dish *irio*, and Cinnamon-Soaked Wheat Berry Salad with dried apricots, carrots, and almonds, which is based on a Moroccan tagine. Creamy Coconut-Cashew Soup with Okra, Corn, and Tomatoes pays homage to a popular Brazilian dish while incorporating classic Southern ingredients, and Crispy Teff and Grit Cakes with Eggplant, Tomatoes, and Peanuts combines the Ethiopian grain teff with stone-ground corn grits from the Deep South and North African *zalook* dip. There's perfect potluck fare, such as the simple, warming, and intensely flavored Collard Greens and Cabbage with Lots of Garlic, and the Caribbean-inspired Cocoa Spice Cake with Crystallized Ginger and Coconut-Chocolate Ganache, plus a refreshing Roselle-Rooibos Drink that will satisfy any sweet tooth. With more than 100 modern and delicious dishes that draw on Terry's personal memories as well as the history of food that has traveled from the African continent, *Afro-Vegan* takes you on an international food journey. Accompanying the recipes are Terry's insights about building community around food, along with suggested music tracks from around the world and book recommendations. For anyone interested in improving their well-being, *Afro-Vegan*'s groundbreaking recipes offer innovative, plant-based global cuisine that is fresh, healthy, and forges a new direction in vegan cooking.

## Book Information

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## Customer Reviews

My first impression of Afro-Vegan is that it is literally a work of art. The binding strip of elegant African floral cloth, the full-page full-color photography, and the beautifully laid out pages all indicate that this is much more than a cookbook. In addition to over 100 intriguing recipes (Iâ™ve made about six since getting the book last week, and they were amazing), Chef Terry shares his obvious passion for life and food, for music and art, for high culture and down-home good times, for gourmet appetites and raw-knuckled activism. Somehow all these diverse elements mix it up and produce an elegant work in which each flavor stands out, yet complements the others. At one level, this is a cookbook for African Americans, showing the way back to a traditional, healthy, local, seasonal, and plant-centered diet that speaks of community, resilience, innovation, and love. At another level, Afro-Vegan is also for all of us who - whether we know it or not - owe African-American culture a huge debt of gratitude. From the African farming techniques that are being rediscovered by modern permaculturalists, to the explosive flavor mixtures that arose from the African Diasporic experience, to the incisive and sometimes incendiary beats and memes of modern hip-hop; this book is a guide and a celebration of it all. Each recipe, for example, is accompanied by a suggested soundtrack. The track for the Blackened Seasoning I made over the weekend is Buckwheat Zydecoâ™s âœLet Your Yeah Be Yeah.â • I swear I could hear the accordion in every bite of the blackened cauliflower cutlets. Afro-Vegan also contains stories and profiles of folks I feel privileged to meet in its pages.

Bryant Terry has written and produced a beautiful book that shines with his love for his community and people, healthy good food, inspiring music and venerable books that will inspire and inform those using his recipes. He draws on the millenia-old culinary experience of African, Caribbean and southern United States black slaves, farmers and workers, celebrating their mostly healthy cooking and primarily plant based diets. I used his Pomegranate-Peach Barbecue Sauce (free of high fructose corn syrup) in my own rendition of black eye pea veggie burgers on the day I received the book, and since then have cooked a number of the recipes, from his Blackeye Pea Burgers with Millet and Texas Caviar on Rustic Bread to the Verdant Vegetable Couscous and the Stewed Mustard Greens. The flavor profile of these recipes is exceptional: complex and delicious. I will definitely be going back for more. I can see many of these recipes becoming part of my daily

cooking repertoire, especially the recipes for leafy greens. Terry asks in his introduction to the book that we cook the recipes exactly as he has presented them in the book so that we get a sense for his desired flavors, textures, and the spirit of the dish. I could not do that for two reasons. First, many of the recipes use coconut oil or coconut milk and not in small quantities. The baked Jamaican Patties use two cups of coconut oil in the dough, for example. Coconut oil is 92% saturated fat and it ranks high on the scale for inflammation; its use in any quantities by persons with high LDL cholesterol or high blood pressure is risky. A second reason is that he generally uses more fat (primarily peanut and olive oil but also coconut oil) in all of his recipes than I think is healthy or necessary.

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