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Our 9th Anniversary Edition!

VegNews

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Dreamy Summer Issue!

7 Cool Urban Getaways
(that won't break the bank!)

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No cooking required

All-Star Cookbook Blitz!

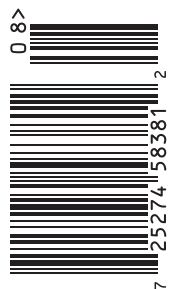
Instant Backyard Luau

Mali's Tastiest Export

& Coconut Cookies
& Banana Bars

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August 2009



Our Summer Crush = Hot Fudge + Vegan Ice Cream + Mountains of Whipped Cream p90



Think breakfast foods are the most difficult to veganize? Not any more. Entertain 'em and wow 'em while remaining true to your passion with these three new cookbooks.

Superstar Trio



Vegan Brunch: Homestyle Recipes Worth Waking Up For

By Isa Chandra Moskowitz



The Vegan Table: 200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion

By Colleen Patrick-Goudreau



Ani's Raw Food Desserts: 85 Easy, Delectable Sweets & Treats

By Ani Phylo



IF YOU NEED FURTHER PROOF THAT GOOD things really do come in threes, go ahead and add this trio of must-have cookbooks to your evidence list. Certainly a sign of the times, and partly an aligning of the (super)stars, the summer of 2009 will be recognized as a high-water mark in the evolution of an animal-free diet, with these three books and their authors deserving much of the recognition. Has vegan ever tasted so scrumptious or looked as appealing?

Breakfast might be the most important meal of the day, but brunch is "an event," says Isa Chandra Moskowitz, two-time Veggie Award winner in the "Favorite Cookbook Author" category. "More than any other meal, brunch seems to have a purpose that isn't just about food. It's a time to catch up with friends. Time to slow down." Yet the pre-lunch spread

has always presented a conundrum for the meatless set: Vegetarian is a snap; but vegan? Nearly impossible, unless you're a fruitarian. Enter Isa. With her biggest quandary being "savory or sweet?" Moskowitz makes it simple: Both. *Vegan Brunch* dishes chapters on each, along with a side of Sides, The Bread Basket, Toppings, and Drinks. What's she serving? Everything you always wanted for brunch but were afraid to eat. Tofu Omelets with optional fillings from mushrooms and spinach to roasted tomatoes, ricotta, and basil. ("It's hard for me to imagine produce that wouldn't find its calling stuffed into an omelet," she offers.) How about the Swiss Chard or Curried Cauliflower Frittata? Something sweet? Griddle up the Buckwheat Pancakes (gluten free), the Leggo My Eggoless Waffles, or maybe some Brazilian French Toast (think bananas, not

bikinis). Moskowitz injects all her recipes with her usual sass and humor, and one leaf through *Vegan Brunch* will leave you with reasons—and recipes—galore to host a weekend food-party. Please pass the East Coast Coffee Cake.

The Joy of Vegan Baking, Colleen Patrick-Goudreau's first effort, was named "Cookbook of the Year" by this magazine in 2007. With *The Vegan Table*, it's obvious Patrick-Goudreau is neither a one-hit wonder nor suffering from any sophomore slump. *The Vegan Table* is stunning in every detail: concept, photography, design, and, of course, recipes. She divides these into creative chapters ("Cozy Coupling: Romantic Dinners for Two" or "Honoring Tradition: Feasts for the Holidays"), presents 30 or so recipes in each, then suggests eight "seasonal menus" using that chapter's offerings. "I am an entertaining maniac," she boasts, which just might be the understatement of the year. Throughout, Patrick-Goudreau offers advice on entertaining; names her menus, often borrowing from her favorite movies (*Laughter in the Rain*; *In the Heat of the Night*); and sprinkles in both chef's tips and veg-food trivia for good measure. Each recipe is also accompanied by a brief nutritional analysis. *Table* would be an enjoyable read even for non-cooks; it is a classic, a beautiful work of art, and deserving of a James Beard nomination.

Any book that states "Eating more of my desserts will make you healthier" deserves attention, don't you think? Ani Phyto, the fast-rising, modern-media, multi-talented dynamo, is back with *Ani's Raw Food Desserts*, a wheat-, gluten-, dairy-, and processed-sugar free collection of raw confections to die for. This adorable, slightly-larger-than-pocket-sized beauty is packed with style, flavor, and such exquisite color photography that the pages look edible. I kid you not. Most of *Desserts'* recipes are fast, easy, and have no more than six ingredients, often fewer. It almost feels like cheating to be able to create tasty, intricate, and stylish treats without going through chef training. No one will complain, given that choices range from Frozen Treats to Cakes and Tartlets right on through Chocolate and Fudge, Crisps and Cobblers, and Puddings and Parfaits. If you've thought about adding more raw food to your diet, follow this edict: Eat dessert first.

DigIn!

Vegan Brunch

Wanna waffle? Here's a taste of the many varieties Moskowitz offers:

- Old-Fashioned Chelsea
- Peanut Butter
- Cornbread
- Gingerbread
- Chocolate

The Vegan Table

A sample menu from the chapter "Pulling Out the Stops: Formal Dining for Six to Ten":

- Magical Miso Soup with Shiitake Mushrooms
- Cornmeal-crusted Tempeh with Orange Ginger Sauce
- Sugar Snap Peas with Toasted Sesame Seeds
- Kale and Cauliflower Salad
- Fruit Sushi (aka *Frush* with Strawberry Reduction Sauce)

Ani's Raw Food Desserts

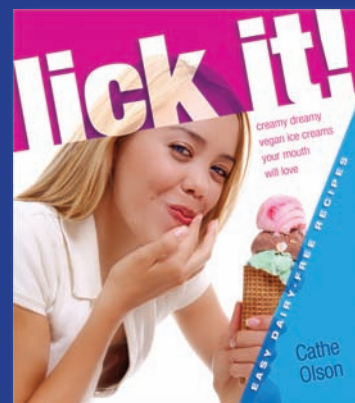
The following treats earned high praise in the VegNews test kitchen:

- Banana Bread Biscuits (five ingredients + a dehydrator = magic)
- Carob Walnut Cookies (perfect wrapper for the Ice Cream Sandwiches)
- Chocolate Raisin Bark (add raisins and nuts)
- Chocolate-dipped Strawberries (never go out of style)
- Mayan Crunch Truffle Balls (with fiery chili powder)
- Oatmeal Raisin Cookies (a must-make for picnics!)

Check, Please!

We'd never review a book, DVD, or CD we didn't think was worth our precious time, but some works have us reeling with delirious joy, while others are simply very well done. Can't tell which is which? Here's a key to our handy new rating system:

Buy Borrow Browse



Lick It!

Creamy, Dreamy Vegan Ice Creams Your Mouth Will Love

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