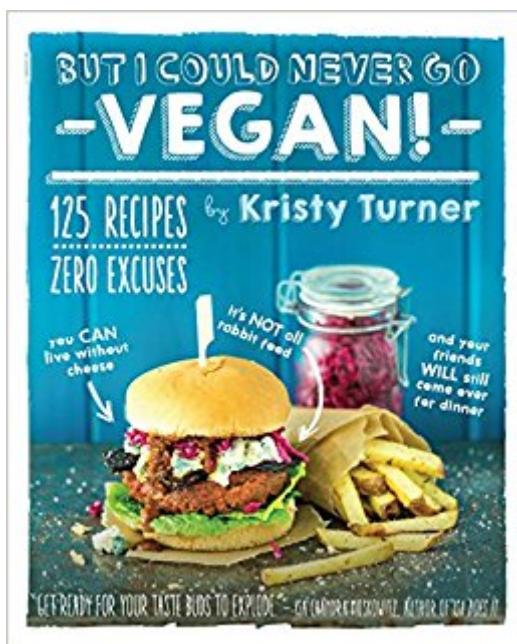


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# But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, And Your Friends Will Still Come Over For Dinner



## Synopsis

â œGet ready for your taste buds to explode.â • "Isa Chandra Moskowitz Canâ™t imagine living without cheese? Convinced that dairy-free baked goods just donâ™t cut it? Hate the taste of tofu and not a fan of boring salads? EXCUSES, BE GONE! Blogger-author extraordinaire Kristy Turner deliciously refutes every excuse youâ™ve ever heard with 125 bursting-with-flavor vegan recipes for every meal of the dayâ™ including dessert!â œAll those special ingredients are way more expensive.â • Not when you can make your own Homemade Seitan, Barbecue Sauce, Zesty Ranch Dressing, and Tofu Sour Cream.â œI could never give up cheese!â • You wonâ™t miss it at all with Tempeh Bacon Mac â™nâ™ Cheese with Pecan Parmesan, Tofu ChÃ"vre, Citrus-Herb Roasted Beets with Macadamia Ricotta, or Mushroom Cheddar Grilled Cheese Sandwiches.â œWhat about brunch?â • Chickpea Scramble Breakfast Tacos, Lemon Cornmeal Waffles with Blueberry Sauce, and Caramel Apple-Stuffed French Toast are vegan breakfasts of champions!â œMy friends wonâ™t want to come over for dinner.â • They will when they get a taste of Carrot Cashew PÃœtÃ©, Portobello Carpaccio, and Gnocchi alla Vodka.â œBut I scream for ice cream!â • Then youâ™ll shriek over Dark Chocolate Sorbet, Mango Lassi Ice Cream, and from-scratch Oatmeal Raisin Ice Cream Sandwiches. If youâ™re a waffling vegan newbie, on-the-fence vegetarian, or veg-curious omnivore, this book will banish your doubts. Youâ™ll find you can get enough protein, fit in at a potluck, learn to love cauliflower, and enjoy pizza, nachos, brownies, and moreâ™ without any animal products at all. (Even vegan pros will discover some new tricks!) Colorful photographs throughout will have you salivating over Kristyâ™s inventive, easy-to-follow recipes. So what are you waiting for? Get in the kitchen and leave your excuses at the door!

## Book Information

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## Customer Reviews

One of â™s Best Books of the Month in Cookbooks, Food & Wine âœCharming.â•â "Washington Post âœTurnerâ™s book is both beautiful and inspiring. Vegan foodies and foodies considering becoming vegan will be eager to break out their farro, sriracha, and liquid smoke, and have fun in the kitchen.â•â "Library Journal âœHome cooks are given invaluable how-toâ™s to get started with vegan cooking. . . . Gift-worthy.â•â "Publishers Weekly âœA treasure trove of new flavour combinations . . . . Vegan or not, kitchen newbie or five star chef, there is something for everyone in this fun cookbook. The most tongue-in-cheek and delicious piece of food activism to date, this book is a must read.â•â "T.O.F.U. Magazine âœA goal of the author, who is the writer and food stylist behind the vegan food blog, âœKeepin It Kind,â™ is to make vegan cooking accessible for everyone. Sheâ™s clearly succeeded with this delightful and approachable book.â•â "Cookbook Digest âœThis cuisine is delicious.â•â "Vegetarian Journal âœDoesnâ™t skimp on flavor, just the red meat.â•â "Metro Boston âœTackles food myths with delicious recipes. . . . Beautiful photos illustrate almost every recipe, showing how appetizing these dishes are, and there are plenty of how-to photos.â•â "Oregonian âœThe recipes cover all the basics . . . but also offer more adventurous fare . . . . This book covers all the vegan bases.â•â "Portland Press Herald âœBest Aspect: A wide variety of recipes for condiments, cheesy dishes without dairy cheese, fancy dinner party dishes and desserts.â•â "Detroit Free Press âœBuy this book. Banish those excuses. Have fun along the way.âœâ "Marin Independent Journal âœEven to a committed carnivore, Turnerâ™s whimsically seasoned tone is at once inviting and authoritative. Hey, you could do this!â•â "Virginian Pilot âœKristy Turnerâ™s *But I Could Never Go Vegan!* is nothing short of brilliant! This isnâ™t just a beautiful vegan cookbook; itâ™s a resource guide that will help you excuse-proof your diet. If you have a dilemma, Kristy has the answer!â•â "Angela Liddon, New York Timesâ™ bestselling author of *The Oh She Glows Cookbook* and creator of *OhSheGlows.com* âœWith warmth, humor, and great recipes, Kristy Turner combats excuses people commonly use to defend their dietary status quo. Those who think they canâ™t be satisfied without eating beef, for example, will do well to get acquainted with her plant-based fajitas, sloppy Joes, tacos, and more. *But I Could Never Go Vegan!* is guaranteed to change hearts and minds one meal at a time.â•â "Gene Baur, president and cofounder of Farm Sanctuary, author of *Farm Sanctuary: Changing*

Hearts and Minds About Animals and Food à œl canâ™t imagine a vegan primer that is more humorous, welcoming, or wise than Kristy Turnerâ™s spectacular *But I Could Never Go Vegan!* If youâ™re considering switching over to a plant-based dietâ™ or simply eating a few more vegetarian mealsâ™ Kristyâ™s spectacular recipes and practical guidance will give you all of the inspiration you need. Most of all, her gentle and witty voice will guide you through all of the inevitable anxieties, stumbling blocks, and mishaps that accompany a lifestyle change. This book is beautiful, creative, whimsical, and profoundly inspiring.â•â "Gena Hamshaw, author of *Choosing Raw*; [www.choosingraw.com](http://www.choosingraw.com) Kristyâ™s book had us smiling from the moment we read the table of contents. Its lighthearted approach and delicious recipes will appeal to everyone. This is a must-read for anybody who believes life without cheese isnâ™t possible.â•â "Rich Landau and Kate Jacoby, chefs and owners of Vedge restaurant and coauthors of *Vedge* à œl love the creative, whole-foods recipes in *But I Could Never Go Vegan!* Kristy Turner has heard all the excuses and has a response for each. Itâ™s true, no life is complete without the occasional calzoneâ™ but stuff â™em with Kristyâ™s Buffalo Cauliflower and Cashew Blue Cheese and you can have calzones and be vegan too. Get ready for your taste buds to explode.â•â "Isa Chandra Moskowitz, bestselling author of *Veganomicon* and *Isa Does It* à œThereâ™s no such thing as à™canâ™tâ™ when it comes to compassion, and in *But I Could Never Go Vegan!*, Kristy Turner proves it with an array of inventive plant-based recipes and dazzling photographs.â•â "Colleen Patrick-Goudreau, bestselling author of six books, including *The Joy of Vegan Baking* and *The 30-Day Vegan Challenge* à œKristy and Chris have taken everything I love about their blog and somehow upgraded it, putting together one helluva cookbook with tons of helpful information and crazy good recipes that are sure to please hard-core vegans, curious newbies, and dabbling omnivores alike. Now, if we could only figure out some way to get those Chickpea Sloppy Joes hooked up to me 24/7 through an IV . . .â•â "Randy Clemens, author of *The Sriracha Cookbook*, *The Veggie-Loverâ™s Sriracha Cookbook*, and *The Craft of Stone Brewing Co.*

A self-described former à œdie-hard cheese nerd,â•â Kristy Turnerâ™ is now the writer, recipe developer, and food stylist behind the vegan food blogâ™ *Keepinâ™ It Kind*. Once a professional fromagier and mutterer of the words, à œl could never be vegan,â•â Kristy now loves her compassionate lifestyle and works with her photographer husband, Chris, to make veganism accessible, fun, and delicious for everyone. She lives in Marina del Rey, California.

OMG-This book is brilliantly laid out. I am plant based and one of the things I hear from my

omnivore friends is "I could never go Vegan!". The author, Kristy Turner, has resisted the trappings of recipes calling for manufactured ingredients like vegan cheese (such as Daiya) and fake meats, available in the "health" food stores and has taken a new, tasty, and healthful approach with her recipes—super refreshing in the world of plant based/vegan cookbooks. An example is the chapter on "Fake Foods Freak Me Out". My husband and I are in agreement with this. Why call it something it isn't and then try to make it taste like what it will never really taste like. As she states in her chapter heading "These recipes aren't trying to imitate a dish normally made with animal products. They are delicious meals that allow the plants to truly shine in their own right." The book has quality, engaging photos, the recipes are very thoughtfully created—and everything tastes really good. Her recipes can be served to anyone, omnivore or vegan. Thank you Kristy Turner.

I have been a vegetarian for over 20 years; live in a house with folks that all eat meat and LOVE all things cheese so never made the transition to Vegan - Friday nights after a long week in work are just too perfect when finished with cheese, wine and olives! So when I saw this book that not only looked fun but was written by someone who at one point professed herself as a "die hard cheese nerd" : my curiosity was piqued and I added it to my Christmas list! I loved it from the moment I opened it and read it in book form which I would never typically do with a cookbook (I was also pretty hungry as my relatively new range decided to die on Christmas day leaving my food plans a little askew; so pretty food porn was the next best thing!). Things to love: no crazy tools required -blender; check, cutting board , check; I have those ...so was happy that I did not see pages requiring dehydrators and other gadgets I will probably never buy! Food I have heard of -stuff I can buy in a regular store -yet another plus! Pretty pics full of old faves - Mac N'Cheese, Pie, Mexican dishes, Asian dishes, spiced food, and yes, even cheese! This is hearty food that one can feed the family with and yet end up with clean plates and full bellies! Today I made the broccoli chickpea soup as nutritional yeast is always on hand in my pantry, and it was delicious , warm and easy to make; the Creole Corn chowder is next on my list as well as some of the rather delicious looking desserts to serve friends and family over the holidays...only to announce after they were vegan ! This book is chock full of options! It begins with an interesting and easy to follow introduction covering basic ingredients and tools you will need to get started; followed by a basic how to guide on topics such as roasting garlic, making nut butters and cooking various grains. Then I really loved the guide to making condiments and components that can be added to dishes such as tofu sour cream and tempeh bacon. This is followed by a section built for cheese lovers full of ideas to fill that craving without dairy (have yet to try but will update when I do). The book then covers vegan options for

beef lovers, pizza lovers, heck even those who adore chocolate! This book is designed to tempt the pallet of those with some big craving who as the title states "could never go vegan"! Simply love this book and will use regularly. I will update this review as I tempt my meat loving household with these dishes! Follow up: I seriously doubted I could give up cheese, or that vegan cheese would be that good but just tried making their cashew blue cheese and all I can say is why, I am a convert!

This is an essential cookbook for anyone considering veganism but daunted by the idea of giving up non-vegan foods, and also makes a great addition to the cookbook shelf of anyone who already cooks vegan. All of Kristy's recipes are delicious and use "regular" ingredients - you won't need to hunt down a name-brand egg replacer or "nondairy cheese shreds". Occasionally Earth Balance or other vegan butter is suggested. I have successfully substituted coconut oil for vegan butter in all of those recipes so far, for anyone who wants to eschew the premade stuff. I've made almost a dozen recipes: the homemade BBQ sauce; green pea guacamole with homemade tortilla chips; baked bean and cornbread casserole; flourless chocolate decadence cake; BBQ jackfruit fajitas; chickpea omelettes; BBQ baked tofu; sweet and sour cauliflower; loaded Mexican baked potatoes; rosemary lemon poundcake; and molasses-hazelnut chocolate mousse tart. I have pretty much no negative feedback about any of those recipes. I made all of them as instructed and enjoyed every last one, particularly the baked bean casserole and the rosemary lemon poundcake. This isn't the kind of food that makes you think, "this tastes vegan". It just tastes awesome! I also love the way the book is organized, with chapters each addressing a different common food-related concern about going vegan, like 'I couldn't live without cheese'. Kristy's writing is friendly, approachable and honest. She's probably also living proof that you can give up cheese, since she discusses how she used to be a fromagier. There are beautiful full-color pictures to accompany almost every recipe, which is another definite plus! I wanted to note some critiques of the book, but I could really only think of one. Many of the recipes involve a lot of different steps and/or ingredients, especially because some recipe components are actually previous "base" recipes (e.g. the baked beans utilize the homemade BBQ sauce). This is definitely the wrong book for someone who wants to get in and out of the kitchen as soon as possible. But I believe that the results of these recipes are well worth the effort. Happy cooking!

Great book !!!! First recipe Artichoke Crab Cakes was a big hit !!! Family and friends loved it !!! They want me to make it again ... I love how there is an image for basically every single recipe.

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But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner Homemade Cheese: Step-by-Step Techniques for Making Best Organic Cheese: (Homemade Cheese, Cheese Making Techniques, Cheese Recipes) ( Cheese Making, Homemade Cheese) But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over (But I Could Never Go Vegan!) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for

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