



Book Information

Vegan Rustic Cooking Through the Seasons

By Diana White

This mouth-watering book contains over 160 delicious recipes that will help you live and eat healthily through the seasons.

The recipes are organised in sections:

- Soups;
- Fillings for sandwiches, toast and baked potatoes;
- Sauces;
- Main meals;
- Baked goods

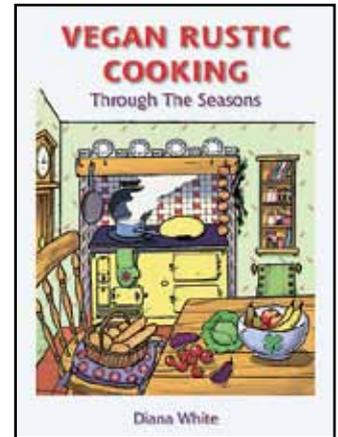
There are even naughty fry-ups (all the fun without the health hazards!), omelettes, quiches, pizza and puddings galore!

Each section is then arranged according to seasonal availability of the ingredients.

Vegan Rustic Cooking is packed with fibre-rich, low glycaemic index, star whole foods that encourage friendly gut bacteria and give more food for less calories.

The useful index is arranged alphabetically not just by the recipe, but also by ingredients. This means you can select the available veggies from your garden or veggie box, look them up in the index and choose an appropriate recipe that uses what you have available! This will enable you to cook tasty food from the freshest, healthiest ingredients you can find, all year round.

Chock full of down-to-earth and unfussy recipes.



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What people are saying about VEGAN RUSTIC COOKING

The recipes here are rich and rewarding ... it is a book for gardeners ... and I'd recommend it not only to vegans but to everyone who feels that eating fewer animal products would be easier on the planet.

Organic Gardening

A practical, interesting book, which will inspire culinary experimentation. Many of the recipes are easy enough for children to undertake with a little parental support.

Green Parent

We highly recommend the new edition of this popular classic, with its wide variety of easy-to-make, mouth watering dishes which use seasonal produce. It proves that vegan food can be delicious and appetising, as well as highly nutritious.

Animal Aid (www.animalaid.org.uk)

You don't have to be vegan to enjoy this book, just an interest in healthy living and using seasonal vegetables is all you need.

Kitchen Garden

This volume is wonderfully arranged, with a detailed index that allows you to look up recipes by ingredient — tremendously helpful if you find yourself staring at an overflowing basket of ripe garden veggies, unsure how to proceed. What I like most about this cookbook is that it is not limited to one particular cuisine or style of eating. Main dish entrees span the globe from Moussaka Vegan Style to Irish Stew with Dumplings to Chapattis with Various Fillings to Scotch Broth to Gardener's Cottage Pie to Nishimi Style Hot Pot.

Gina Munsey on eatdrinkbetter.com

The first thing I should say before I review 'Vegan Rustic Cooking: Through the Seasons' by Diana White is that I'm not a vegan, however it is a distant aspiration.

One of the best features of the book is that the recipes are organised by sections (soups, sauces, mains etc) but also according to the seasonal availability of the ingredients, which I really loved. Most of the recipes are pretty straightforward too; you don't need to have a small army of sous-chefs to help you out.

If you're on the path to veganism, then I strongly recommend *Vegan Rustic Cooking: Through the Seasons*. If you're already a committed vegan these recipes will make a very nice addition to your home cooking repertoire. Right now, I'm salivating at the prospect of Spicy Gram Pancakes and Spinach Frittata. Which goes to show my vegan aspirations have just made a big leap forward.

Nicholas Watson on Ethical Junction

Many who are making positive changes [to their diet] or would like to, will be pleased to discover *Vegan Rustic Cooking*. This is about slow food; food that has been selected, cultivated, harvested, prepared and eaten with deliberate care and reverence. Vegan Rustic Cooking is an instrument that helps to fully enjoy nature's bounty.

Vegan Rustic Cooking is a breeze to use. For example, when we first brought the book home, it was mid summer in Florida and we had plump avocados on the tree. A quick look through the book revealed an innovative index at the back where recipes are uniquely referenced by main ingredient as well as alphabetically. The salad we chose was easily prepared and absolutely delicious!

Review on veganpeace.com

Chock full of down-to-earth and unfussy recipes. The majority of the ingredients used could easily be home grown or else obtained via your local veggie-box scheme.

Graham Burnett, permaculture teacher and author



ABOUT THE AUTHOR:

Diana was a vegetarian for 23 years and has been a vegan for the last 12. She and her husband, Peter, grow their own fruit and vegetables vegan-organically. She is a trustee of the charity Vegan Organic Network, an international group concerned with local, organic growing. The Vegan Organic Network is on the leading edge of truly sustainable and responsible agriculture that is quickly finding its way around the world.