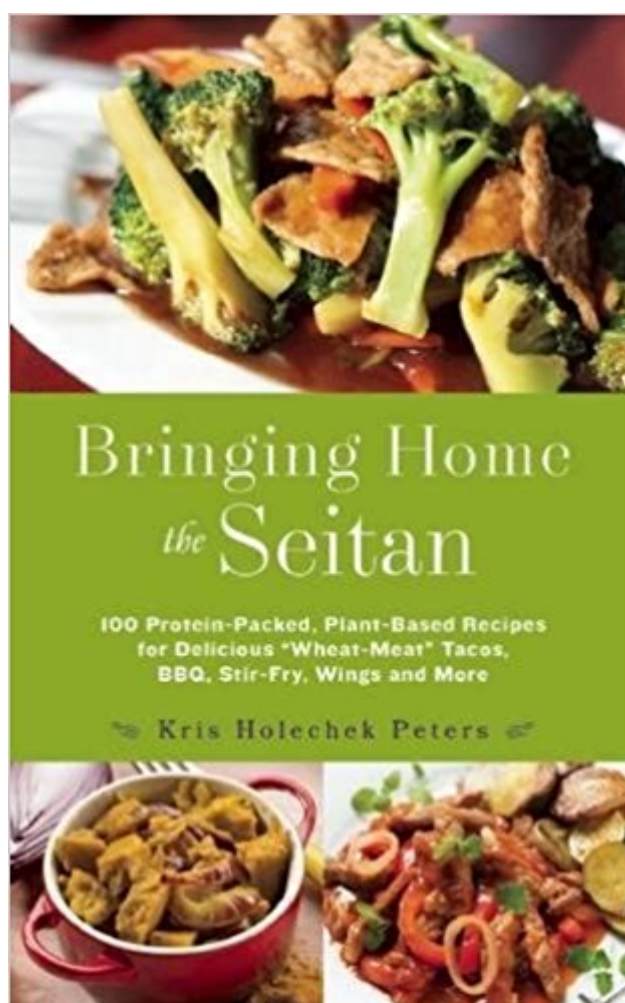


The book was found

Bringing Home The Seitan: 100 Protein-Packed, Plant-Based Recipes For Delicious "Wheat-Meat" Tacos, BBQ, Stir-Fry, Wings And More



Synopsis

AN EXPANSIVE COLLECTION OF EXCITING SEITAN RECIPES FOR HEARTY, HEALTHY, MOUTHWATERING MEALS Whether you want to replicate a favorite meaty recipe from your past, make a meal that will please omnivores and herbivores alike or just want to try something new—seitan is what it's for dinner now! Pack your vegetarian meal with plant-based, protein-rich recipes like: No-Beef Tip Stew; Beer Brats; Pulled Pork-ish Sandwiches; Seitan Fakin' Bacon; Lettuce Wraps with Spicy Peanut Sauce; Chick'n Fingers; Chorizo Tacos; Sweet and Sour Chick'n; Baked Ziti with Sausage; Basic Wingz with BBQ Sauce Bringing Home the Seitan teaches you how to bake, steam, boil and cook your seitan to perfection with basic how-to recipes, as well as cruelty-free spins on classic dishes and scrumptious new eats.

Book Information

Paperback: 208 pages

Publisher: Ulysses Press (November 15, 2016)

Language: English

ISBN-10: 1612436080

ISBN-13: 978-1612436081

Product Dimensions: 5 x 0.8 x 7.9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 19 customer reviews

Best Sellers Rank: #121,878 in Books (See Top 100 in Books) #46 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #182 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

I Love Trader Joe's Vegetarian Cookbook-Kris-Holechek Peters-9781612431093-17.95-Ulysses Press-11/06/2012-14000-100 Best Vegan Baking Recipes-Kris-Holechek Peters-9781569757147-14.95-Ulysses Press-09/08/2009-19000-Have Your Cake and Vegan Too-Kris-Holechek Peters-9781569759202-17.95-Ulysses Press-04/01/2011-4390-Vegan Ice Cream Sandwiches-Kris-Holechek Peters-9781612432984-15.95-Ulysses Press-06/03/2014-690-Vegan Desserts in Jars-Kris-Holechek Peters-9781612432250-15.95-Ulysses Press-10/22/2013-858-

Kris Holechek Peters is the author of I Love Trader Joe's Vegetarian Cookbook and The 100 Best Vegan Baking Recipes. She lives in St. Paul, MN.

Because of environmental reasons I recently decided to go vegetarian (at least temporarily), and I can tell you I got tired of Tofu and Tempeh really quickly. Desperate for an alternative I picked up this recipe book on Seitan, the alternative to soy based fake meats. Previously, I have always been wary of fake meats as most of the ones I have tried have been awful. However, this cookbook has been showing me how to use Seitan, which I had never heard of before the google-ing, to its fullest potential. I appreciate how this book has recipes for just the basic meats, and then you can add your own touches to them. If you are lacking inspiration though, the book also tells you how to make many delicious dips and sauces (try the seven layer dip!) which have all been quite tasty so far. A great introduction to fake meat that won't ruin your day!

Being someone who does not enjoy eating meat, I have found a new favorite, Seitan. I have been disappointed in the meat alternatives I have tried. I don't particularly care for soy or tofu all of the time. Since receiving this book, I am enthralled with the versatility of Seitan. Recipes are easy to follow and most of the ingredients are already on hand. Seitan can be flavored into any taste needed with the help of this cookbook. From not chicken to not ham to not brats and not beef! I can't wait to make my first batch.

One of my closest friends recently cut meat out of her diet. When I heard this, I began looking for cookbooks that would provide me with plenty of recipes to make when I invited her over for dinner. I rented this book from the library, and I fell in love with it. It's a great book with really unique and delicious recipes. I haven't had one that I didn't like! I'm not a vegetarian and have been a little wary of trying vegetarian recipes, but these meat-replacement recipes actually taste really good! My personal favorite is the lettuce wraps with spicy peanut sauce. I love the kick that's in that meal. Really, a great book. And my friend has loved every meal she's had when she comes over. Highly recommended!

We vegetarian-types get pretty excited about a good "fake meat" cook book so, we are quick to give a perfect rating to a good source - although there is room for improvement with this publication (and I DO hope, Ms. Author, that you do a second edition). The most effective way to put forth a review of

this book is a Pro vs. Con list I think so, here goes: PROS: Excellent Intro and explanations; Abundant, easy to follow recipes; Very creative, unique preparations; Generally well-organized and cross-referenced. CONS: No photos (often very important for faux meat dishes); The Index could be MUCH better. Hopefully, future versions of this book, if forthcoming, will improve on the relatively minor drawbacks but so far, I have LOVED the recipes I've tried and I'm pretty hard to impress having been a fake-meat-making vegetarian for over 30 years and currently considering developing my own cookbook!

Living with a vegetarian who is raising their daughter vegan, I have come to experience many new recipes in my home. In reading this book, I hope that I may surprise my roommate and make dinner a couple of evenings. Living in California, one always comes across vegan and vegetarian restaurants that serve faux meat. I was always intrigued about how they made such dishes. Now I have a cookbook all about it! What I find cool is that once the cook changes a couple of ingredients, the "meat" flavor changes dramatically! Author Petersen makes it easy for new seitan cooks and interesting to those already familiar with seitan. The steps are clear (especially "meat" prep) and the recipes are plentiful and full of variety. I haven't been brave enough to cook just yet, but I have picked out recipes I would like to make/have made for me. There are so many good ones to choose from, but of the ones that have peaked my interest are Beer Brats, Smoky Maple Breakfast Links, Nutty Rice Burgers, Lettuce Wraps with Spicy Peanut Sauce, Philly Cheese-Not-Steak Sandwiches, Baked Ziti with Sausage, and Chicken Pot Pie. Most of the recipes are easy to put together, roughly 30 minutes or less after the initial time of creating the "meat."

I have a couple of family members and friends that do not eat meat. I got this book to make meat like items as a surprise for them. I didn't realize how these foods were made. Soy is usually the main ingredient in non-meat food items like veggie burgers but in this cookbook everything is made with gluten. I really didn't know what these foods were made of before reading this book. Luckily, my family and friends do not have a gluten allergy, or this book would not work. The recipes are very interesting, I've only made one recipe and it wasn't that bad. It expands your recipes for your non meat eating friends.

Bringing Home the Seitan has allowed me to make food my vegetarian friends without feeling like I left 1/2 the meal out. As someone who loves to eat meat, eating fake meat has always been

something of a challenge. Many times my friends tell me it all has to do with the recipe and not the fake meat itself. However, I beg to differ. This book offers many recipes one could use to create an array of meals for meat eaters and vegetarians alike. The best thing about this book and its recipes is that I can make food for myself and my friends without feeling guilty.

I am a serious carnivore, and interested in finding vegetarian alternatives that satisfy me. So far the seitan in the book has the texture of meatloaf, a pleasing flavor, and is *filling.* Oh, and it is as easy as cooking meat, once you procure the ingredients. I am grateful!

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