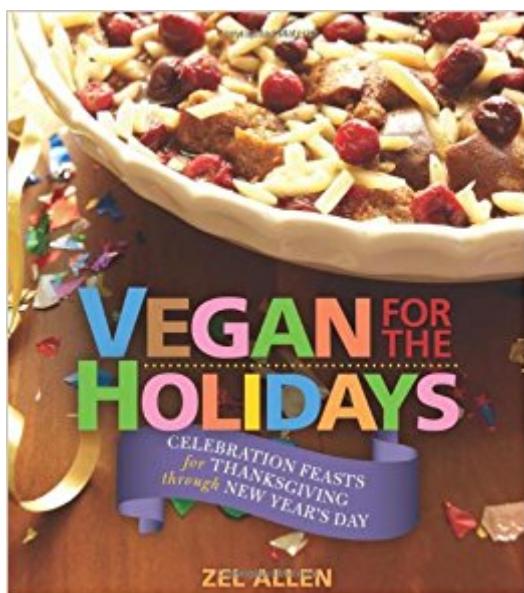


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# Vegan For The Holidays: Celebration Feasts For Thanksgiving Through New Year's Day



## **Synopsis**

Holidays inspire everyone to cook. Even people who rarely step into the kitchen prepare special festive meals to share with family and friends. Vegan cooking expert Zel Allen demonstrates that plant-based holiday foods are as delicious, innovative, and elegant as their hallowed meat-based counterparts. Taking readers on a world tour of holidays — including Thanksgiving, Hanukkah, Christmas, Kwanzaa, and New Year's Day, — Zel covers all the details any holiday cook requires to create the perfect celebration. Readers will find a banquet of recipes for irresistible dishes steeped in heritage and tradition, innovatively updated with novel touches. From assembling a party menu to planning a multicourse feast, Vegan for the Holidays establishes modern food traditions with a compassionate focus that everyone can enjoy with guilt-free gusto.

## **Book Information**

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## **Customer Reviews**

Zel's imaginative recipes bring elegance and flavor to the festive table. Vegan for the Holidays, with its delicious creations all garnished to the max, makes Thanksgiving through New Year's joyfully memorable. This is the go-to holiday cookbook not only for savvy vegans, but also for everyone with a desire to eat healthier. --Rory Freedman, author of Skinny Bitch, Skinny Bitch in the Kitch, and Skinny BastardFabulously festive, Zel's recipes add a pleasant and surprisingly broad array of flavors and creativity to the typical holiday fare. With her intensive attention to detail and healthy decadence, she will enrich your celebrations with this plethora of delicious and highly nutritious

possibilities! --Julieanna Hever, MS, RD, CPT: author of *The Complete Idiot's Guide to Plant-Based Nutrition**Vegan for the Holidays* is a treasure-trove of creative, delicious, and seasonal recipes. With this book in hand, there's no reason to hesitate to invite even the most confirmed meat eaters for holiday feasts. --Reed Mangels, PhD, RD; nutrition editor *Vegetarian Journal* Fabulously festive, Zel's recipes add a pleasant and surprisingly broad array of flavors and creativity to the typical holiday fare. With her intensive attention to detail and healthy decadence, she will enrich your celebrations with this plethora of delicious and highly nutritious possibilities! --Julieanna Hever, MS, RD, CPT: author of *The Complete Idiot's Guide to Plant-Based Nutrition**Vegan for the Holidays* is a treasure-trove of creative, delicious, and seasonal recipes. With this book in hand, there's no reason to hesitate to invite even the most confirmed meat eaters for holiday feasts. --Reed Mangels, PhD, RD; nutrition editor *Vegetarian Journal*

Zel Allen partners with her husband Reuben to publish *Vegetarians in Paradise*, a popular online vegetarian magazine that spotlights Zel's humorous illustrations and innovative recipes. She is also author of *The Nut Gourmet* cookbook and has contributed travel and food articles in *Vegetarian Journal*.

One of the many delicious aspects to the recipes in *Vegan for the Holidays* are the layers of flavor. I have made all of the chili's and each burst with layers of flavor with every bite. I have made the recipes for Vegans and non-Vegans and each response is always positive. Even though the book is geared for the Holidays I use the recipes in everyday cooking. One of my favorite treats is Santa's Panforte. Everyone I sent the Panforte to raved about it coast to coast. I look forward each time I try a new recipe in the book - my family is always delighted with the result!

*Vegan Holidays* is a great recipe book for vegans, vegetarians, and carnivores alike. It is packed full of healthy recipes that everyone can enjoy. People who have turkey and ham as the center of their winter holiday get togethers will still find lots of recipes to add variety to their menu. And many people cook for a people who don't eat meat and using the delicious looking recipes in this book will allow everyone to enjoy something special at your feast.

The truth is, you actually don't have to wait for the holidays to enjoy these fantastic recipes. Or use them to celebrate holidays we don't usually make a big deal of, like Arbor Day and International Women's Day. There are so many great meals waiting to be made in this book, we simply need to

expand our repertoire of holidays.

I used this and two other cook books to make up my Thanksgiving Dinner this year (2012). It was my first all vegetarian thanksgiving and it went very well. I am looking forward to doing it again.

Always looking for new things to cook. I think the whole vegan experience lends itself to exploring new things....Get this book to expand your horizons.

I like lots of big pictures and easy to read recipes.I was inspired to try several of the new dishes.

I was a recipe tester for this book so I had an early chance to see what is in it.As the description says, it offers recipes for the winter holidays. Some of the recipes are for time-consuming special dishes that will make a holiday table more festive. But most of them are for dishes that are easy enough to enhance the daily table as well as the holiday table.The recipes offered for the New Year's Soup and Chili Bash would also make a perfect Super Bowl party--two kinds of chili, four kinds of soup, and lots of things to munch on while watching a game.I am especially fond of soups and hearty stews, and there are plenty of each in this book. The Butternut, Beet and Apple Soup is gorgeous and delicious. The Curried Kabocha Soup is another favorite, as are the Sweet and Sour Cabbage Borscht, the Curried Pumpkin-Peanut Soup, the Mulligatawny Vegetable Soup. The Carrot and Sweet Potato Tzimmes could be a main course by itself, as could the Mushroom-Barley Cholent.This is a book with a care for healthful eating. Zel often calls for brown rice or whole wheat flour. I usually replace white rice or white flour with those anyway, so it is nice to have the recipe optimized for those ingredients.The recipes are largely low fat. Many have no added fat at all, and others have only a small amount. There are several fat-free salad dressings and one salad dressing with fat only from the ingredient tahini. Most of the desserts have added oil or margarine, but it is hard to come up with low fat desserts beyond a fruit salad.The book is very attractive. Not every recipe has a photo, but there are eight pages of color photos throughout the book with several dishes shown on each page.The layout is nice. Recipes are all on one page or on two facing pages, so you do not have to turn a page with a sticky hand to read the next step in the instructions. Also, the ingredient lists are in bold face, which makes them easier to read. I own a few cookbooks where I have trouble telling the 1/4 from the 1/3 from the 1/2.A few recipes call for tofu or seitan, but most are just real food, vegetables and beans and grains, thoughtfully prepared and bursting with flavor. Zel suggests colorful garnishes to make dishes appeal to the eyes as well as the taste buds.

I thought that Vegan for the Holidays would be the perfect book with Thanksgiving and Christmas coming up, but I wasn't really impressed. With recipes for Thanksgiving, Christmas, Hanukkah, Kwanza and New Years, there are creative menus for each of the winter holidays. There aren't lots of pictures, however, so it is really hard to visualize what they should look like (especially when they have names like Jolly Green Christmas Tree, Santa's Swanky Salad, Shiitake Tornadoes in Cashew-Cream Sauce and Mushroom-Barley Cholent). The book definitely has some creative recipes, such as the Harvest Succotash, Tomato Pine-Nut Pie with Sweet Potato and Nut Crust and the Christmas Carrot Wreath. It does, however, have lots of repeated flavors. For example there are multiple recipes featuring Brussels sprouts, cranberries, sweet potatoes, and beets. While these are delicious, they are used in almost each of the holiday menus, so there isn't really a great deal of diversity between Thanksgiving and Christmas, for example. Any time a new vegan cookbook comes out, I enjoy testing out a few recipes, and there are definite winners here (the Garlicky Roasted Cauliflower, Pear and Walnut Compote with Choc-Wafers, and Jamaican Rice and Peas are all really good). Also, as a bonus, there are a number of recipes that are soy-free (always a plus). I just didn't think that this was as original holiday cookbook as I had hoped it would be.

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