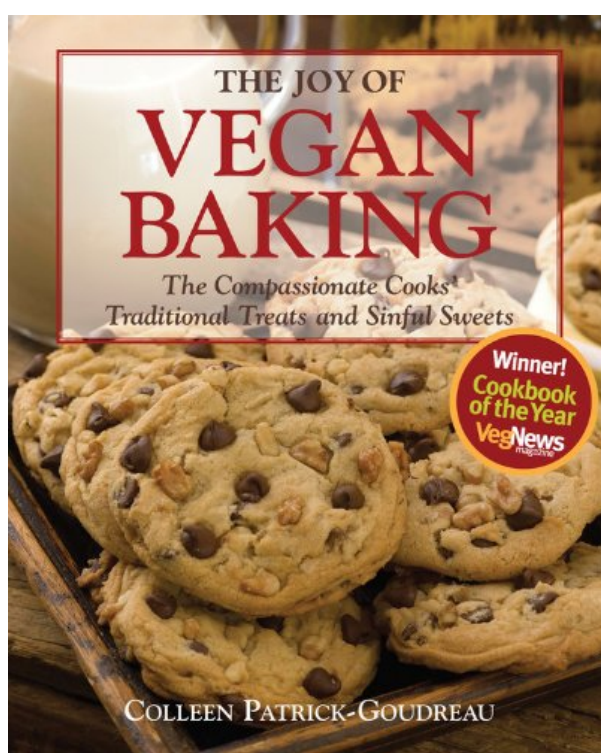
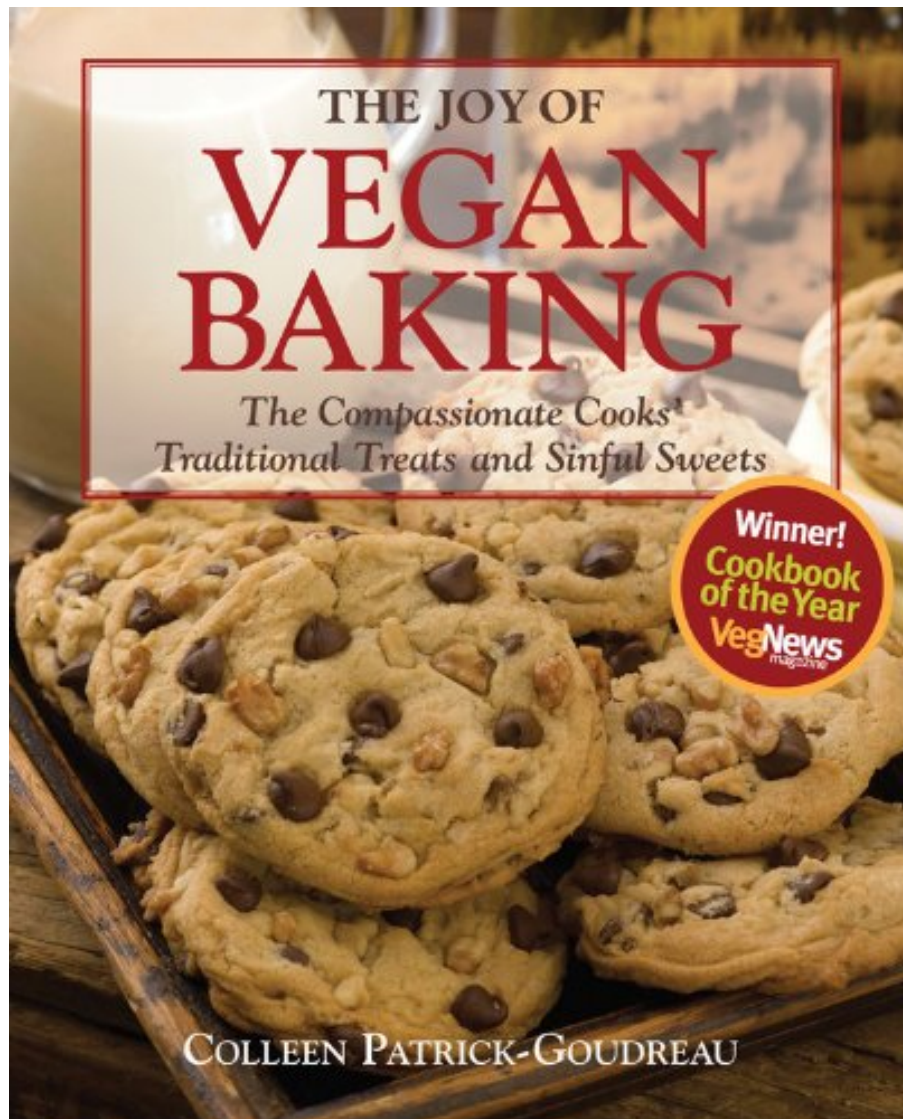


THE JOY OF VEGAN BAKING: THE COMPASSIONATE COOKS' TRADITIONAL TREATS AND SINFUL SWEETS BY COLLEEN PATRICK-GOUDREAU



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Review

"Colleen Patrick-Goudreau blends the perfect mix of stories, photos, and recipes with amazing grace and taste. Her words will open your heart; her recipes will fill your tummy." ~VegNews Magazine

ôVegan baking comes of age with this collection of baked delights. Colleen Patrick-Goudreau has put together a comprehensive tome that is sure to be useful to baking novices as well as those of us who've been wielding the whisk for years."~Isa Chandra Moskowitz, Author of Vegan with a Vengeance and Vegan Cupcakes Take Over the World

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Whether you want to bake dairy- and egg-free for health, ethical, or environmental reasons, The Joy of Vegan Baking lets you have your cake and eat it, too! Featuring 150 familiar favorites -- from cakes, cookies, and crepes to pies, puddings, and pastries -- this book will show you just how easy, convenient, and delectable baking without eggs and dairy can be.

A seasoned cooking instructor and self-described "joyful vegan," author Colleen Patrick-Goudreau puts to rest the myth that vegan baking is an inferior alternative to non-vegan baking, putting it in its rightful place as a legitimate contender in the baking arena. More than just a collection of recipes, this informative cookbook is a valuable resource for any baker -- novice or seasoned.

Learn just how easy it is to enjoy your favorite homespun goodies without compromising your health or values:

- Chocolate Chip Scones
- Cranberry Nut Bread
- Lemon Cheesecake
- Dessert Crepes
- Strawberry Pie with Chocolate Chunks
- Cinnamon Coffee Cake
- Chocolate Peanut Butter Cupcakes
- Raspberry Sorbet
- Oatmeal Raisin Cookies
- Soft Pretzels
- Blueberry Cobbler
- Chocolate Almond Brittle

Free of saturated fat, cholesterol, and lactose, but full of flavor, flair, and familiarity, each and every recipe will have you declaring I can't believe it's vegan!

Complete with luscious color photos, this book will be an essential reference for every vegan.

- Sales Rank: #31693 in Books
- Brand: Brand: Fair Winds Press
- Published on: 2007-10-01
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .88" w x 7.50" l, 1.94 pounds
- Binding: Paperback
- 288 pages

Features

- Used Book in Good Condition

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Most helpful customer reviews

4 of 4 people found the following review helpful.

Excellent recipes

By C2

I love this cookbook. Every recipe I have tried has been excellent (and I've tried many). In fact, I made the light lemon bundt cake tonight - another hit. I read a few of the negative reviews and I have to say, I'm surprised. First of all, to the person who screwed up the chocolate chip cookie recipe, too bad for you because it is the best chocolate chip cookie recipe out there. In fact, my nonvegan friends and family members frequently request that I bake several batches and freeze them so they can get refills when I visit. I have yet to meet a single person who hasn't said it is the best chocolate chip cookie they've ever had. Someone just asked me today to bring some to an upcoming Easter party (where I will be the only vegan). Also, people claiming they could buy a regular cookbook and just exchange the animal products for veg products, go ahead. Who cares? That doesn't make this cookbook worse, it simply uses other ingredients. You're going to pay for a cookbook either way. I'm also not sure why people are implying that egg replacer

is somehow "bad." It's basically potato starch - a totally neutral ingredient.

5 of 5 people found the following review helpful.

Nice resource for beginning vegan bakers, but nothing special

By GC

This book's strong points are also its weak points, depending on what your priorities are. As other reviewers have mentioned, the author generally makes simple substitutions from standard baking - usually margarine for butter and ener-g or tofu for eggs. The upside of this 'lowest common denominator' style of vegan baking is that it's very easy and inexpensive to find substitutes, and it won't alter your routine too much if you're used to standard baking. Still, it reminds me of a vegan cookbook that gives 'meat and potatoes' recipes with just tofu or seitan instead of the meat, in that it wears out its usefulness and gets boring pretty quickly. It helped me when I began baking vegan goodies, although I never really baked with eggs and dairy (I didn't know how to bake, period, before I bought this book to start learning). The sections that explain how to make substitutions and how leavening and binding agents work were helpful, but I imagine that other books or websites give similar information.

I consider this book a decent buy if you want to make sweets as close to their egg- and dairy-containing counterparts and possible, with minimum substitution; this is especially handy if you're baking to share with people who might be leery of chocolate cake made with zucchini or something such. It also doesn't ask you to use chickpea and spelt flour and other expensive, hard-to-find ingredients that are so annoyingly common in vegan recipes (there is an over-reliance on 'pure maple syrup', however; does she not know how prohibitively expensive that stuff is? I use agave instead). If you really want to save your money, I recommend using vegan recipe websites and blogs rather than buying this book. Great ones to try include the Post-Punk Kitchen, Vegan Dad, Fat-Free Vegan Kitchen, and No-Meat Athlete; they don't have the same baking substitution tutorials as a cookbook (at least, not that I know of), but they generally have great basic recipes as well as more varied, innovative ones...plus, it's free and the commenters often give nifty tips and tricks. For the record, this author publishes recipes on her website too, but you have to pay for a subscription to access them. I don't necessarily fault her for it (she has to pay the bills too), but I'd rather try out the recipes that authors offer for free...then buy their cookbooks if they're good. Thank you, Isa Chandra Moskowitz!

1 of 1 people found the following review helpful.

This a fantastic cookbook! Colleen Patrick-Goudreau cover all the basics

By Bella Veronica

This a fantastic cookbook! Colleen Patrick-Goudreau cover all the basics, clears up any questions or confusion about how to bake, vegan. The cookbook has a great variety of recipes, while still being true to the most familiar, and popular baked goods we all grew up with. There aren't any strange configurations of ingredients, or methods to getting to a finished product. The author, makes it easy. The book itself is a great size, and being a softcover, very easy to use. I just love it.

See all 392 customer reviews...

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