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NYC Vegan: Iconic Recipes For A Taste Of The Big Apple



Synopsis

NYC Vegan brings New York's fabulous foods to the plant-based table. The book was written by native New Yorkers as a tribute to the city they love. From the diners and delis of Brooklyn to the traditions of Little Italy and Chinatown, the foods of New York are the foods of the world. Old New York: Manhattan clam chowder, Waldorf salad, eggs Benedict, New York-style pizza, and New York-style cheesecake. Street foods and festivals: Soft pretzels, churros, falafel, Italian ice, caramel corn, and zeppoles. Delis and diners: Reuben sandwich, bagels, pot pie, and Brooklyn egg creams. Bakeries: Knishes, cinnamon rolls, black-and-white cookies, and Irish soda bread. Jewish specialties: Blintzes, brisket, mandelbroit, and "chicken" soup. Neighborhoods: Polish pierogis, Italian lasagna, Dominican arroz con maiz, Greek avgolemono soup, and Puerto Rican mofongo. These recipes are simple and delicious and bring the city vibe to your own kitchen. As self-trained cooks, Michael and Ethan are food lovers who show how vegan food can taste just as good as nonvegan dishes and how eliminating animal products from your diet does not mean you can't enjoy New York City's iconic foods. This book includes full-color photography by Jackie Sobon and a list of current New York City vegan restaurants.

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Customer Reviews

Being a new vegetarian I'm back again I am almost vegan with many of my choices. I realized in order to eat certain things I need to learn how to Veganize them. This is a good cookbook. It has a lot of good recipes in it. I enjoyed it very much. Whether you are a new vegan or tried-and-true to the life I highly recommend this cookbook. It has a lot of the comfort foods we look for when we go out to diner's and what not. A lot of the New York foods we love are veganized beautifully in this book

The first thing that caught my eye about this book was the cover photo. It is somewhat reminiscent of another vegan cookbook I have, Vegan Diner by Julie Hasson. I'm always up for variations on a theme, so I went ahead and purchased the Kindle version. Boy, did I get not only a surprise but also a treat! NYC Vegan is far more than "just another diner-type" cookbook, highlighting the cultural variety that is New York City. The recipe section is peppered with personal anecdotes, quotes, and interesting facts about NYC, which, just like the rest of the book, are written with wry humor, warmth, an obvious passion for all that encompasses veganism, and a refreshing lack of preachiness. The recipes are uninvolved, easy to follow, and tasty. If you've been vegan for a while, you won't be stumped by any of the ingredients, nor are they difficult to find. I live in a small town in northern Indiana, not exactly vegan Mecca, and can get almost everything in one of the two major local grocery chains. If ever I need to shop for something else, I order from (small tip on the side for those haters of "exotic ingredients"). These recipes are not gluten-free, although substitutions are often suggested. If you insist on photos for every recipe and/or cannot live without detailed nutritional information, this book is not for you. My omnivore husband has so far enjoyed most of the meals I have made from NYC Vegan. Here is a complete list of recipes I have made thus far, with remarks: The Basics
Chock Full o'Nuts Milk - creamy and delicious, this is a deluxe version of the basic, unsweetened nut milk I usually make
Pizza Dough - my new go-to. Contains slightly less sugar than most other pizza dough recipes I've used in the past (sugar feeds the yeast)
Basic Seitan - no aluminum foil required, which I very much appreciate. This came out with perfect texture. It is very lightly seasoned and thus great for dishes that will include spicy sauces. We used it in gyros.
Cashew Parmesan - easy and tasty
Tofu Ricotta - I made this for the lasagna and loved the flavor. When I made it, I ended up with slightly less than 3 cups but that worked for me. However,

note that the lasagna recipe actually calls for 3.5 cups of ricotta, so consider making extra!

Rice Paper Ham - I've seen a recipe for rice paper bacon before, so I thought 'why not'. Easy and fast to prepare. Fry as briefly as indicated for a softer ham, or a bit longer to make it slightly crunchy. I used it on Pizza Hawaii and thought it was a very nice sub for real ham.

Breakfast at Tiffany's Diner-style Pancakes - easy, fast, delicious. If you keep them warm as suggested, they will remain fluffy. Just be sure to properly cover them

Blueberry Sauce - just made it this morning to go with the Banana Bread French Toast. I don't like super sweet things, so I reduced the sugar by half, which was fine. I'm also not a fan of chunky berry sauces; I mashed the blueberries with a potato masher once they turned soft.

Banana Bread and Banana Bread French Toast - this is the first vegan French toast I've made that LOOKS like French toast! Because the banana bread is quite rich, this is an opulent breakfast, even at only two slices per serving. I think the banana bread itself is quite wonderful with a gorgeous crumb. If your bananas are very ripe, be sure to measure after mashing only a couple - two came out to be a cup for me. I went with the oil-reduced option, adding applesauce; you can't tell at all. Because of the very ripe bananas and since the bread also contains chocolate chips, I reduced the sugar by 1/4, and it's perfect for my taste.

Matzoh Brei - my first time venturing into this kind of breakfast, and I loved it. Easy, quick, not too sweet, it reminds me of the Austrian pancake specialty Kaiserschmarrn.

Power Lunch Waldorf Salad - very fruity, but amazingly light-tasting. Keeps well in the fridge

White Sauce - I made this for the gyros, and it worked great!

Start Spreading the News No-cook Tomato Sauce - prepared this for the lasagna. I used the option of canned tomatoes, since that's what I had. Uncomplicated and tasty.

Supper Club Lasagna - my husband asked for seconds. We finished the leftovers the following day. Yes, it is THAT delicious! Since I had leftover vegan mozzarella, I added it to the dish for extra cheesiness

Farmer's Market Roasted Asparagus - great, easy recipe if you're not sure what to do with that asparagus you bought on impulse.

How Sweet It Is Big Apple Pie - or, more precisely, the crust which in my case I turned into a strawberry rhubarb pie. It wasn't quite as flaky as a full-dairy butter crust, but came very, very close. My husband loves it. I'm about to use it again for a cherry pie.

Banana Bread - see comment under Breakfast at Tiffany's

As you can see from the selection, these are not for the faint-hearted dieter, but rather real meals veganized. Yes, you will use tofu, there are plenty of nuts, and meat substitutes in various forms make an appearance, especially in the Supper Club section. If you can live with all of that, do not hesitate to get yourself a copy of this excellent book.

This book was written with so much love that at times it actually brought tears to my eyes. The photography is beautiful and the recipes are all very well written and user friendly. My favorite part is

the personal notes from Ethan and Michael and specific stories recipes from their families. I could really relate to a lot of their stories and I can't wait to cook my way through this book.

As a former New Yorker, I couldn't have been more excited than when this book was published. Knishes. Latkas. Cream sodas. Bagels. Just for starters. Then Michael and Ethan came to my adopted home of Colorado and cooked for us at the annual VegFest. They made General Tso tofu (using soy curls) and three appetizers, each more delicious than the last. I won't buy a cookbook unless there are multiple recipes I want to try or are already tried and true. In NYC Vegan, literally every recipe is making me drool. You don't have to be a New Yorker to idolize this book. You just need to appreciate top quality plant-based food. This may very well be my all-time favorite cookbook. My only regret is that I didn't buy a second copy. One to keep in my bookcase, nice and clean. And one to be destroyed in the kitchen.

These guys have a fantastic blog that I follow and their Thanksgiving e-book was very impressive, it's no wonder this book is just as fabulous! I have made several recipes thus far and enjoyed all of them, as have many of my guest of the non-vegan variety. The General Tso's chick'n is my favorite and always a hit! And the "platform churros" are simple to make and satisfy my sweet tooth! Congratulations on a stellar print debut fella's, cheers to many more!!

I own this book and am really enjoying it I haven't cooked my way through it yet but it is on my list of musts. Many of these recipes are hard to find in vegan form and there are so many great ones! Eye popping photos too. I wish there was a near by restaurant where I could pop out and pick up some of these dishes to go, but I guess I'll have to find a free evening to make them. I appreciate the content and the dedication is so sweet (you are not supposed to like a book for it's dedication but how can you not?)

Bought the book and loved it and still loving it. I've made a half dozen things thus far. Really easy to follow and the photos are awesome. This book is a must for any Vegan. This book proves that a Vegan lifestyle and Vegan cooking is anything but bland and boring. My girlfriend wanted to borrow my book and I told her NO, you will have to go buy your own of lol. I shall not part with it!!!! Highly recommended

Loved the stories in this book! Recipes are great also. Common items are used to innovatively

recreate delicious foods from NYC!

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