



Vegan Vittles: Recipes Inspired by the Critters of Farm Sanctuary

Joanne Stepaniak, Suzanne Havala Hobbs

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The founders of Farm Sanctuary have teamed up with author Joanne Stepaniak to present a collection of recipes, without the meat, eggs or dairy produce that are typically products of animal suffering. The book includes a section on nutritional information and a chapter on veganism.

Vegan Vittles: Recipes Inspired by the Critters of Farm Sanctuary Details

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From Reader Review Vegan Vittles: Recipes Inspired by the Critters of Farm Sanctuary for online ebook

Elizabeth says

I love pictures in my cookbooks so Vegan Vittles loses points for that but it has some great staple recipes in it that I find myself using over and over like buttermilk biscuits and homemade seitan. Most stuff in this book is pretty basic so it is easy to play around with and Stepaniak provides a few variations at the end of almost every one.

Pythagorean says

every recipe in this book is delicious! it's been one of my favorites for years.

Amanda Rogers says

I have read several vegan books, all of which I did not care for but this one was different. The recipes are doable with usual pantry items. We have tried several recipes so far and they have been surprisingly good. No one noticed I used tofu instead of cheese in the Potatoes Gruyere. I love that she uses whole wheat flour for almost everything. Worth taking a look at.

Starflash says

i have used this book for many many years and it's always good in a pinch to spark a new recipe - the messy mikes is a quick and delish meal - i like to chop up mushrooms and add it to my own version.

great gift for any vegetarian or vegan friend.

Vanessa says

a good, all-purpose vegan cookbook- the recipes are neither too simple nor too fancy. the 'cook's notes' tips are quite helpful.

Jessica says

This cookbook is hit or miss. I tried four recipes with varied results --

Hot and Sour Noodles: Yum! Basic ingredients combine to make a delicious sauce for veggies and noodles.

We added cabbage (delish) and chickpeas (not as great) to convert this to a main dish. Everyone enjoyed it.

Southern Fried Tofu: This recipe is a keeper! The seasonings are great and of course we love anything fried. Kiddo raced through her veggies and bulgur so that she could have the last piece. I suspect this is going to be a staple at our place.

Unstuffed Shells: Nothing spectacular about the crumbled tofu/ vegan mayo stuffing in this recipe, but I have to admit that it never occurred to me to just toss medium shell pasta with the "stuffing" and top with marinara, so I have to give this recipe credit. Steal this idea -- it saves time and tastes nearly as good as original stuffed shells.

Grilled Cheeze: OK, my expectations weren't too high on this one, since I'm not a huge fan of vegan cheese sauces, but I'd recently made Vegan Yum Yum's hurry-up alfredo not once but twice and loved it, so I decided to give this a try. The ingredients were easy enough and prep was a breeze, but despite my relatively low expectations, the end result was disappointing. You can grill avocado sandwiches, or even hummus sandwiches, with delightful results -- there's just no need for a faux cheese spread like this.

Gemini says

Learning how to cook properly w/ all kinds of ingredients. I use this book all the time.

Eric says

Quite a good cookbook. Great stuff to build from in here.

jess says

I admit that initially, I made some jokes about this book because some of the animal rights stuff comes across as a little hokey. I mean, on every page there are suggestions for how to take animal exploitation out of your language, and the stories of animals saved by Farm Sanctuary on nearly every page. I've been a vegetarian / vegan for so long, this kind of stuff just seems tiresome to me.

Fortunately, I was able to get past the hokey stuff and try a few of the recipes. Holy crap, they are good. In the soups and bisques, the true beauty of the veggie flavors shine through. The seitan ribs recipe looks extraordinary, and I've been told by some credible sources that the ribs are as good as they look. The calories and nutritional info for each recipe are already worked out for you, and presented on each page. Anyway, this is one of the vegan cookbooks I would consider owning. As it stands, I think I'll be checking this out from the library over and over.

Fishface says

The recipes in here are pretty good, but I found all the attempts to rework animal-based sayings very

irritating. There is no reason to erase all animal imagery from the English language, especially if you are, as the authors claim to be, animal-lovers.

Ami says

I bought this book on our trip to Oregon this summer, but I haven't read through all of it yet. I had to wait until I bought nutritional yeast, a prominent ingredient in many dishes, before I could entertain the idea of cooking anything. I *still* haven't read through, because I am holding off on buying tahini, another recipe superstar. So here is what I have so far:

I skipped the "propaganda" section; I already know my reasons for leaning toward veganism, and I prefer my cookbooks with just recipes (and perhaps more accessible to everyone that way). The 1984 language suggestion boxes (with animal-free remakes such as, "Instead of 'It's no use crying over spilled milk', use 'It's no use weeping over burnt toast'") I could do without. Factory farm animal cruelty is a completely different ballgame than using a cow in some centuries-old folk saying, and really? It is doing nothing to ease the stereotype of vegans as self-righteous douches. Nothing.

ANYWAY! Homemade seitan recipe works very well! I used it cubed in a stroganoff-type dish, and cut into strips in a stir fry, where it was very very awesome.

Tofu bacon has some good seasoning, but I am guessing that the degree to which this dish is reminiscent of pig bacon is directly proportionate to the length of time since you have last eaten pig bacon. For me, it's been a while, so I was pleased. I made a tBLT & I was happy.

Better burgers are great, although they tend to be more more "bready" and less "meaty". Still, easy enough to make & were fine in both a pasta & red sauce dish and in a meatball sub.

Barbecue-style braised short ribs were impressive, and the sauce is awesome. I rarely like cooked carrots, and I liked these carrots.

I guess I'll have to report back about anything that's not a mock meat.

Michelle says

A fun cookbook supplemented with animal rescue stories and suggestions for incorporating the principles of animal rights into one's everyday speech, and thus, thinking.

The recipes don't include pictures, sadly, though there are black-and-white photos of Farm Sanctuary's animals.

My only real complaint is the emphasis on substitutions rather than plant- and grain-based foods for their own sake. A common issue in vegetarian cooking. Nevertheless, a worthy addition to any vegetarian's kitchen.

Ananda says

My favorite vegan cookbook. Very practical recipes for tasty dishes.

kristin says

I made Hungarian Mushroom soup today, because I had a lot of mushrooms and an onion. I have a cold and this was a good choice because it's a little spicy. I also ate pomegranate seeds for dessert and this went surprisingly well after the soup.

Amanda says

As a country girl, I was delighted to find a down-home cookbook free of animal products. The cookbook starts with an intro to the Farm Sanctuary, followed by a very personal explanation for her veganism by Stepaniak. This is followed by the more scientific explanations for eating vegan and how to do it properly. Substitutes and special ingredients are explained, and the intro is rounded out by a sample weekly menu.

The recipes themselves are divided into: tips and tails (hints and basics), beverages, breakfasts and breads, uncheeses butters and spreads, hearty soups and stews, salads and dressings, sandwiches, the main dish, sauces gravies and condiments, and happy endings (desserts). Each section starts with a photo of one of the rescue animals and their story. It's a sweet, light-handed approach to veganism that I appreciate.

So what about the recipes? They are definitely geared toward beginner plant-based cooks with a desire to replace their animal-based recipes with similar tasting ones. I was able to find quite a few recipes of interest to me that I copied out. So far I've only been able to try one, but it was amazing! I tried Chuckwagon Stew on page 89. Seeking to replicate a hearty, country stew without the meat, the stew is built around tempeh. The ingredients were easy to find (I got everything at Trader Joe's), cheap, and the recipe was a quick one to make. I fully admit I inhaled half of it that very evening.

Overall, this is a country style, omni-friendly vegan cookbook that lets the animals and recipes shine for themselves. The recipes predominantly use grocery store ingredients, the exceptions being vital wheat gluten and nutritional yeast, which are easily ordered via Amazon. They are also simple enough that any moderately skilled cook should be able to follow them with ease. I highly recommend it to omnis and veg*ns alike, as the recipes are happy, healthy, and friendly. Personally, this is definitely going on my to own wishlist.

Check out my full review. (Link will be live on June 21, 2012).
