



Mango & Mint: Arabian, Indian, and North African Inspired Vegan Cuisine (Tofu Hound Press)

Nicky Garratt

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Nicky Garratt's love of Arabian, Indian, and North African cuisine is obvious in this mouth-watering collection of vegan recipes. Challenging the notion that meals require a centerpiece—historically based around the kill from the hunt or domesticated herd—this recipe collection offers satisfying menus in both buffet style and formal sit-down meals using the vegan philosophy of an intelligent use of the resources available. The full-color photographs offer ideas for presentation, and the book includes sections on planning meals in advance to save money and maximize resources as well as a selection of recipes that utilizes often-discarded items as ingredients—such as watermelon rinds and beet tops in addition to the common problem of easily forgotten leftovers. The flavor of Arabic and North African cuisine is seen in the recipes for Baba Ghannouj, Red Pepper Bulgar, Spinach Pies, Harissa, and Donuts in Syrup, while Indian favorites such as Apple Soup, Peanut Vada, Chana Masala with Green Chili, and Mango Rice also make an appearance. The recipes range from quick and easily created to relatively complex, all of which require only basic equipment and rudimentary skill. The book contains an index for fresh ingredients that enables one to quickly locate a recipe by provisions already found in the refrigerator.

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