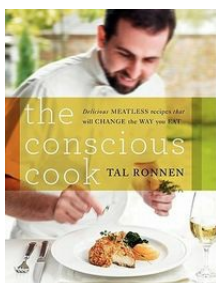


# THE CONSCIOUS COOK: DELICIOUS MEATLESS RECIPES THAT WILL CHANGE THE WAY YOU EAT

A former steak-lover himself, Chef Tal struggled for years on a vegan diet that left him filled with cravings for meat and dairy. Frustrated by the limited options available and unwilling to sacrifice the delicious flavors he associated with eating meat, he decided to create vegan meals that could hold their own at the center of the plate. Chef Tal found that by applying traditional French culinary techniques to meatless cuisine, he was able to create delicious meals full of rich flavor and healthy fat—meals that any...



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### The Conscious Cook: Delicious Meatless Recipes That Will Change the Way You Eat

Author	Tal Ronnen
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## Peek Inside the Book

Without pushing an agenda (okay, maybe I've pushed a bit), I've spread a little veganism wherever I've gone. I've become friends with chefs at the meatiest restaurants you can imagine, and shown them a few things that opened their minds (and their menus) to vegan options. It's easy to be convincing when the food is delicious. It doesn't feel like a sacrifice—it feels like a step up. Tal Ronnen, The Conscious Cook: Delicious Meatless Recipes That Will Change the Way You...

## Reader's Opinions

Tal Ronnen sounds like a great chef who can make vegan food taste "normal". He takes classic French training techniques and applies them to food that is animal-product free. He claims that even meat-eaters can enjoy his recipes. Maybe if I were eating them in a restaurant, I would; however, in this format, I didn't