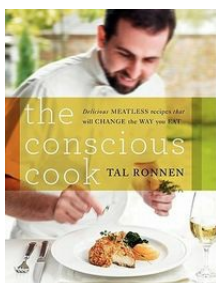


# THE CONSCIOUS COOK: DELICIOUS MEATLESS RECIPES THAT WILL CHANGE THE WAY YOU EAT

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...



## READ/SAVE PDF EBOOK

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

Author	Tal Ronnen
Original Book Format	Hardcover
Number of Pages	239 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	5.83 MB

Click the button below to save or get access and read the book The Conscious Cook: Delicious Meatless Recipes That Will Change the Way You Eat online.



## 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 Eat //

## Reader's Opinions

As gourmet vegan cookbooks go this is wonderful. I am an advanced cook so this book is not intimidating for me. Recipes range from one hour to 3 hours. I adjusted the recipes and omitted all nuts, oil, salt and sugars to make healthy. I love that almost...