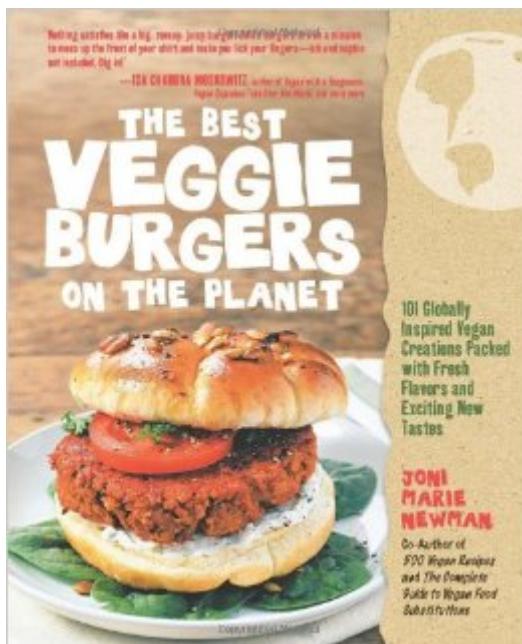


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# The Best Veggie Burgers On The Planet: 101 Globally Inspired Vegan Creations Packed With Fresh Flavors And Exciting New Tastes



## Synopsis

Hold on to Your Buns, the Burger Revolution Has Begun! The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of freshness and flavor, with more than one hundred daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics too. In fact, we're pretty confident they'd top the charts in any potluck popularity contest they might find themselves in. The incredible recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Sweet Caramelized Onion Burgers Korean BBQ Burgers Garlicky Ranch Potato Burgers Jalapeño Cornbread Burgers Curried Chickpea and Broccoli Burgers Three Pepper Stir-Fry Burgers BLT and Avocado Burgers Black Bean Tamale Burgers with Mole Sauce Oktoberfest Kraut Burgers Sun-Dried Tomato and Artichoke Burgers With The Best Veggie Burgers on the Planet, you'll find 101 ways of looking at burgers in a whole new way. Let's get this party started!

## Book Information

Paperback: 240 pages

Publisher: Fair Winds Press; 53497th edition (May 1, 2011)

Language: English

ISBN-10: 1592334768

ISBN-13: 978-1592334766

Product Dimensions: 7.5 x 0.9 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars — See all reviews (71 customer reviews)

Best Sellers Rank: #483,658 in Books (See Top 100 in Books) #146 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Burgers & Sandwiches #840 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

Who would have believed that anyone could think of so many variations on the basic burger? The fact that they're all vegan is mind boggling. If you're after a good solid "meaty" burger, there are plenty of options here, but this book is about so much more than that. There are burgers based on flavours from all over the planet, as well as burgers for breakfast, special occasions and even dessert. They all have different texture - some are best served in a bun, some with rice, some with chips and some with good old vegetables. There's a variety of cooking methods too, they aren't all

grilled or fried, and soy and wheat free options are clearly labelled. There's a chapter on sides such as macaroni salads, potato salad and slaw, and a chapter on breads and buns. I've tried a large amount from this book and I'm sure you'll love it as much as I do. Particular favourites? The stuffed burgers, the BLT burger, the Sunday griller and the noodle kugel burger. The fiesta mac salad is my favourite macaroni salad ever, too.

I am not vegetarian or vegan but I do like a good veggie burger now and then so this is a cookbook that interests me. There are over 100 recipes for internationally inspired versions of veggie burgers, plus side dishes and salads, condiments, breads, and desserts to round out the meal. I tried the sun-dried tomato and artichoke burger recipe because it was the one I could make with regular ingredients (like mushrooms, oats, and brown rice) with the exception of nutritional yeast which I chose not to use but the result was still tasty even though the burger sort of fell apart while cooking. To make most of the recipes, one will need to have access to ingredients such as texturized vegetable protein (TVP), nutritional yeast, vital wheat gluten flour, tofu, and seitan, plus various flours made from grains other than wheat. These ingredients can be found at larger grocery stores and health food stores and although they were foreign to me, I'm guessing that committed vegans and vegetarians probably have them on hand as pantry staples. Some of the recipes are wheat and gluten free, others are soy free, so those with allergies still have plenty of other recipes to choose from. A veggie burger will never taste like its beef counterpart, but this cookbook does offer plenty of variety with interesting tastes and fresh ingredients. I think anyone following a vegan lifestyle will enjoy this cookbook, as would someone who wants to make the occasional vegetarian meal. The book has lots of color photos which is always a plus. I received a copy of this book for review from the publisher but the opinion of it is my own and was not solicited nor was a positive review required.

I've had this book for about two weeks and have tried three burgers-- Jamaican Jerk (really good flavor, but I couldn't get the right texture), Chipotle Sweet Potato (amazing, this is my favorite so far) and Garlicky Ranch Potato (so simple). Joni gives some really good tips in the intro for grilling, baking and frying the burgers. I also like that each recipe give either a suggested side, condiment or bun. There is a chapter for every major cuisine, including a huge American-inspired chapter. So far, I have been able to pick a burger to make without buying too many extra ingredients, since there are so many options. As far as visual appeal, the book is heavy for a paperback and full of pictures. It's definitely worth the price. I'm excited to have this book going into summer grilling season, and look

forward to trying all 101 burgers!

So I'm seriously considering writing the author a thank you card. This is a fabulous book. It's my most heavily used cookbook and has paid for itself many times over. I think many people who have attempted vegan veggie burgers have known the disappointment of a promising recipe that yielded soft, crumbly burgers that didn't remotely hold together. These recipes deliver. The patties hold together wonderfully (there are a couple of recipes that needed a little tweaking, but there is a major difference between a somewhat soft patty and the irredeemable pile mush that many vegan veggie burger recipes result in). Plus there's something for everyone, whether you're looking for gluten-free or soy-free or burgers that can be baked instead of fried, etc. My personal favorites are the Sweet Potato Chipotle Burger and the Enchilada Burger. INCREDIBLY GOOD. There is no going back to nasty frozen food section veggie burgers after you get used to these homemade ones. PS for anyone who is fine with soy but avoids TVP because of how heavily processed and GMO-laden it is, you can make your own organic "TVP" by freezing organic extra-firm tofu for 24-48 hours, then drying it out in the oven at a low temperature or in a dehydrator. Here is a website that explains in a little more detail: [...]. I only eat organic, non-GMO foods, so I was delighted to find that this homemade TVP works perfectly for recipes in this cookbook. One package of tofu ends up yielding about 1 cup of TVP. EDIT: I guess doesn't allow you to post links, or I just don't know how to yet. To find out how to make your own organic tvp, google "How to Make Textured Vegetable (TVP) Vegetarian Meat Substitute" and look for the squidoo link.

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