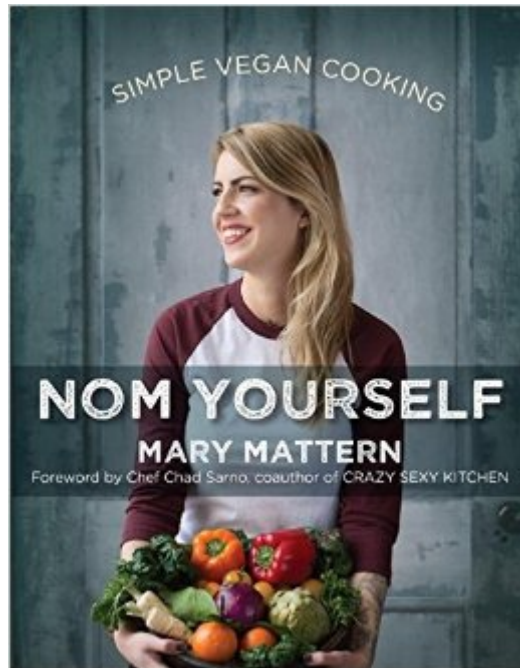


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# Nom Yourself: Simple Vegan Cooking



## Synopsis

A beautiful cookbook for the next generation of newly vegan and vegan-curious, from the creator of the popular website and Instagram Nom Yourself. Mary Mattern became a vegan in her early twenties, and was immediately astonished by how great she felt "and how rewarding she found her new vegan lifestyle to be. She soon became a vegan personal chef to the stars, working with people such as Entourage actor Jeremy Piven and touring with pop singer Ellie Goulding. When she began blogging about her vegan recipes on NomYourself.com, she soon built up an enormous following, with nearly 100,000 followers on Instagram. Mattern has also gotten support from big names in the plant-based world, including Brendan Brazier, Chad Sarno, and many more. With her terrific personality and edgy, hip style, Mattern is poised to become the rock star of the millennial vegan world. Now Mattern offers her delectable American-with-a-vegan-twist recipes to the world in her beautiful cookbook, Nom Yourself. With comfortable, familiar recipes such as Beer-Battered Buffalo [Cauliflower] Wings, American Apple Pie, and Creamy Cashew Alfredo, Nom Yourself will be the perfect book for the vegan-curious. And with beautiful color photos throughout to illustrate the mouthwatering recipes, Nom Yourself will prove that eating vegan is both delicious and easy.

## Book Information

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Vegetarian & Vegan > Vegan

## Customer Reviews

Between us we've got almost 30 years of being vegan under our belts. We cook at least five nights a week, and we have a bookshelf full of vegan cookbooks. This one is very beautiful, and has given me some really great ideas (hearts of palm for crabcakes!). This gets three stars because of one of

my biggest issues with using recipes: at this point, we've tried eight or nine recipes in here, and every time it's like we have to add something to make it work. Sometimes it's a teaspoon of salt (which is actually kind of a lot of salt, and I am a chronic under-salter) and sometimes it's more substantial. The crabcake recipe, as-is, called for so little in the way of binding ingredients that I had to perform major surgery on the mix before I was able to bread and fry them. I don't always use recipes to cook, and when I do, I want to be able to trust that if I follow the directions, the end product will be predictable. I waited until we'd tried at least a few recipes from each section of this cookbook before I made up my mind, but it just hasn't been reliable.

Full of amazing and easy recipes! A must-have for anyone serious about vegan cooking. Favorites are the buffalo cauliflower kale salad, sesame tofu tacos, pasta with sautéed kale, southern fried tofu, dreamy Brussels sprouts, garlic potato pancakes, cauliflower steak, and buttermilk biscuits (which turned out amazing with gluten free flour!). I highly recommend this book for anyone who loves good food!

My wife, a wonderful vegan chef, found much to like with Ms. Mattern's book. Just purchased it for her and we have enjoyed many of her recipes - with more to come! The book's recipes are clear and concise, accompanied with beautiful photographs.

I've been following NomYourself on Instagram since the beginning. She really knows how to make real vegan food. Her posts are filled with color and delicious recipes that have equal balance of carbs and veggies. Being vegan isn't all about pasta and tofu. Mary knows the key to my food heart.

I really love this book because the recipes are mostly quick, easy, and delicious. My omnivore family loves some of these recipes (particularly Black Bean Jambalaya, Stuffed Shells, Marinated Portobellos, and Shiitake Po Boys). The photographs are beautiful and the layout is concise and easy to read. This would be my absolute favorite cookbook if only she had done some more editing and hired some taste testers. There are obvious mistakes that would have been caught. For instance, in the heart of palm crab cake recipe, she instructs you to sauté the onion and never mentions them again (I added them to the dough along with some extra flour to help them stick together). In the California Benedict recipe, she gives a recipe for a tofu marinade and tells you to mix the ingredients together in a bowl, but never says how to apply it to the tofu (I think you are supposed to brush it on because there wasn't enough to dip or soak all the tofu pieces in it). The

hollandaise sauce from the same recipe did not turn out at all like what was in the picture. I measured the spices exactly according to the recipe but my result was a bright orange color and far too strong a flavor to really enjoy (I recommend using a quarter of the turmeric, cayenne, and sugar the recipe calls for). There are other little issues and typos that need to be fixed throughout the book. I still recommend this book overall but only if you are quick thinking on your feet and can handle the curve ball of a missing instruction here and there. If she were to release a second edition with these issues addressed, I would gladly buy it and change my review to five stars. This book really does show amazing potential and I hope to see more books from Mary Mattern in the future.

I was so excited to receive this book on the day it came out. Pros: She has included a variety of recipes in the book and the photos are outstanding. Some very original recipes that I have not seen in other vegan cookbooks. Cons: there are many recipes that call for vegan mayonnaise or pre-packaged tempeh in the ingredient list, which I am Not a fan of. Still pleased with this purchase overall.

Outstanding and easy to use and understand vegan cookbook. A great variety of healthy and comfort food. I have had the privilege of eating a few meals made by the chef herself and they are always fantastic. Get this book. Go vegan!

Already tried the apple pie recipe and everyone loved it. In fact, they fought over it! It was easy, delicious and ethical apple pie. ;)

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