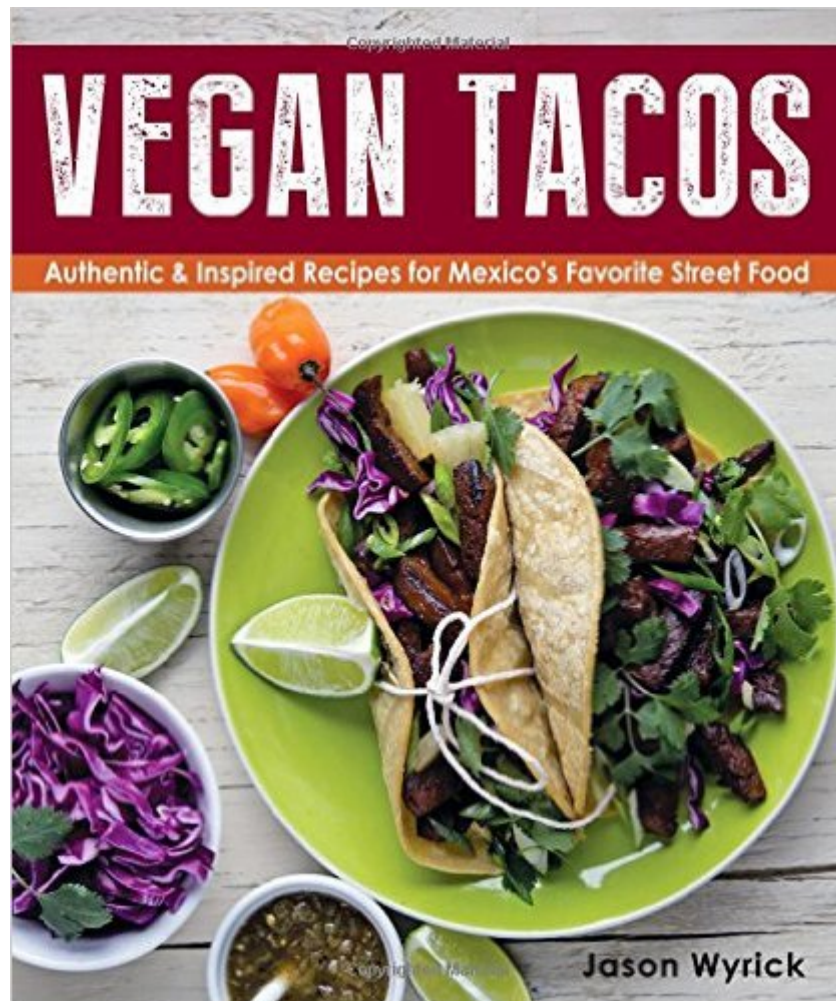


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# Vegan Tacos: Authentic And Inspired Recipes For Mexico's Favorite Street Food



## Synopsis

Before *The Taco Cleanse*, there was *Vegan Tacos*. Chef and expert Jason Wyrick shows how to make meatless versions of Mexican tacos from the tortillas, to the fillings, to the sauces. Celebrated chef Jason Wyrick showcases the excitement of Mexican flavors and textures with recipes for traditional and creative tacos you can make at home, featuring your own homemade tortillas, salsas, and condiments. You'll make tacos de asador, tacos cazuela, tacos dorados, and many more based on recipes gathered from across Mexico, and the author shows you how to make them all using plant-based ingredients. The long-time publisher of the *Vegan Culinary Experience* (now *TheVeganTaste.com*) points the way to making your own taco components from scratch, while also providing quick options with store-bought ingredients. In your own home taquería, you'll be making tantalizing recipes such as: Tacos Mole with Seared Zucchini, Wilted Chard, and Pepitas Tacos with Pintos Borrachos and Vegan Queso Fresco Tacos Dorados with Plantains, Black Beans, and Roasted Garlic Baja Tacos with Lobster Mushrooms Breakfast Tacos with Rajas, Mojo Scramble, and Pintos Cinnamon Tortilla Tacos with Spicy Cajeta Apples, Pecans, and Agave Crema In these pages, the author shares his passion for tacos with sections on taco culture and history, essential ingredients, anecdotes, and shortcuts that simplify the cooking techniques for the modern kitchen. There is also a chapter of beverage recipes such as Mango Lime Agua Fresca, Sweet Tamarind Tea, and Desert Sage Spritzer; a section on desserts, and how to host a taquiza (taco party). Full color photos.

## Book Information

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## Customer Reviews

Chef Jason Wyrick hit it out of the park with his wonderful new volume, *Vegan Tacos*. Already a NYT bestselling author for his recipes in the 21 Day Kickstart to Weightloss this is his first solo effort into cookbook publishing. He formerly published the first vegan culinary magazine, the *Vegan Culinary Experience* and now can be found on his new site, the *Vegan Taste*. I am thrilled he broke away and found the time to write this book, because what a perfect book it is. *Vegan Tacos* is a bit of a misnomer. Yes, it is all vegan with options for low oil, and gluten free on several recipes. But, this is THE most authentic and comprehensive volume on tacos available anywhere. With great subject matter and touches of family history and the history of this perfect street food, *Vegan Tacos* is as fun to read as it is to use for recipes. I will also mention the photos are vivid, breathtaking, and will leave you inspired. I have had the privilege to make and eat several of these recipes already. I can't pick a favorite, but you can't go wrong with Tacos Veracruz (p.97) or the Tempura Tacos (p.182, my favorite) and Wyrick's Guacamole recipe (p.234) is so fool proof but full of flavor that you will never buy store bought again. There are 17 chapters:

1. Tacos 101 – Everything you need to know about tacos
2. Taco Gear and Essential Ingredients – Equipment and ingredients for making authentic tacos
3. Nixtamal, Masa, Tortillas, and You – All about tortillas and how to make your own
4. Foundation Ingredients and Techniques – To help you build better tacos
5. Tacos de Asador – Tacos with fillings charred over an open flame
6. Tacos de Guisados – Tacos made with stewed fillings
7. Tacos de Comal – Tacos with sautéed fillings
8. Tacos Dorados – Rolled tacos fried golden and crisp
9. Los Otros Tacos – Tacos in a class by themselves
10. Tacos de Canasta – Classic breakfast basket tacos, sauced and steamed
11. Tacos Mananeros – Breakfast tacos from both sides of the border
12. Tacos Dulces – Dessert tacos from simple to fancy, sweet and decadent
13. Fusion Tacos – Taco fusion from cuisines around the world
14. Top that Taco- recipes for chile-lime peanuts, crema, queso fresco, and more
15. Salsa and Guacamole – Authentic recipes for salsas, guacamoles and hot sauces
16. Sides – Flavorful recipes for cooking rice, beans, potatoes and more
17. Bebidas – Horchata, aguas frescas and other refreshing drinks

This is the star of my cookbook collection, and I own over 500, both vegan and not vegan. You will do yourself a flavor by grabbing a copy and grabbing a copy for your family and friends, so they can make you some tacos, too. Highest Recommendations.

I thought I would love this cookbook, but I didn't. I love Mexican food, have been vegan forever, and am adept in the kitchen. It does have a nicely written history of tacos, but I bought it for the recipes. I launched a taco party off this cookbook's arrival. All I can say is thank goodness for the homemade

margaritas! I tried 7 recipes, most fairly labor intensive. I felt in most of the cases they varied from a smidge off the mark, to a lot off the mark. Tacos with Pintos Borrachos, Poblano Strips and Queso Fresco was a lot off the mark. It took a significant amount of doctoring to enter the realm of edible. Hen of the Woods tacos With Coconut Milk and Poblano Strips was my favorite, as well as the groups' favorite. Very nice flavor here! The Chilies de Arbol Salsa was hot and delicious, and gets even better as it ages in the frig. I would make this again just to have on hand. The Salsa Verde lacked depth, and we thought the crushed Red Salsa was pedestrian. For me to love a cookbook it has to have more consistently delicious recipes. This was all over the place.

As a taco addict, this is what I've been waiting for! If you liked Rick Bayless then you will love this. It stays true to the regions and techniques without the meat. I like that many of the recipes offer options so if you don't like seitan or tempeh it suggests alternate veggies to use. Some of the recipes will require a trip to a Mexican grocery store but for me that is part of the adventure.

Chef Jason Wyrick has outdone himself with this quintessential breakdown and analysis of all things taco. Want a detailed reason on how and why to pan roast dried chilies? It's here. Want to learn how to make your own tortillas? It's here. Want a seemingly endless variety of fillings, sauces and toppings for your tacos, with suggestions on how to combine those flavors or add what is missing from your favorite taco? That's also here. Make no mistake, this is a taco book first and a vegan cookbook second. It should be called "Tacos That Happen to be Vegan" instead of "Vegan Tacos", though the latter is easier to say. The chef's passion for cooking and truly excellent food comes through clearly, and the book is a romantic love letter to tacos. Reading it is like chatting with your best friend about something you both adore. The family stories are delightful, the history is interesting, the techniques are authentic, and the recipes are inspirational. With the quick tips and shortcuts, the recipes can be as simple or as complicated as you like. Honestly, however, you'll sit down with this book and read it like it's a novel first. The photos are gorgeous. I also really appreciate the glossary in the back, filled with essential Spanish terms. This is definitely a chef, and author, to watch.

The most comprehensive book on tacos anywhere! The history of tacos is delightful, the recipes are incredible and the photographs are absolutely stunning! This book also includes chapters on sides, condiments, drinks, and more! A must have for any Mexican Food lover!

Great new title! I've already made 3 recipes from the book and love it. Jason has clearly done lots of research on the subject and knows his stuff, and the book is filled with tons of creative recipes to choose from. Can't wait to try out more. Enthusiastic two thumbs up!

This book is beautiful. Great recipes. What I like it that there are lots of options in here that is NOT soy based. Trying to eat vegan can be difficult as many recipes have processed food to fill in for meals. I like that there are many other options. The sauces I have made are excellent. There are some recipes I may change myself (less vinegar, or sugar) but this is my personal taste preference. All around I am excited to see what else I will be making.

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