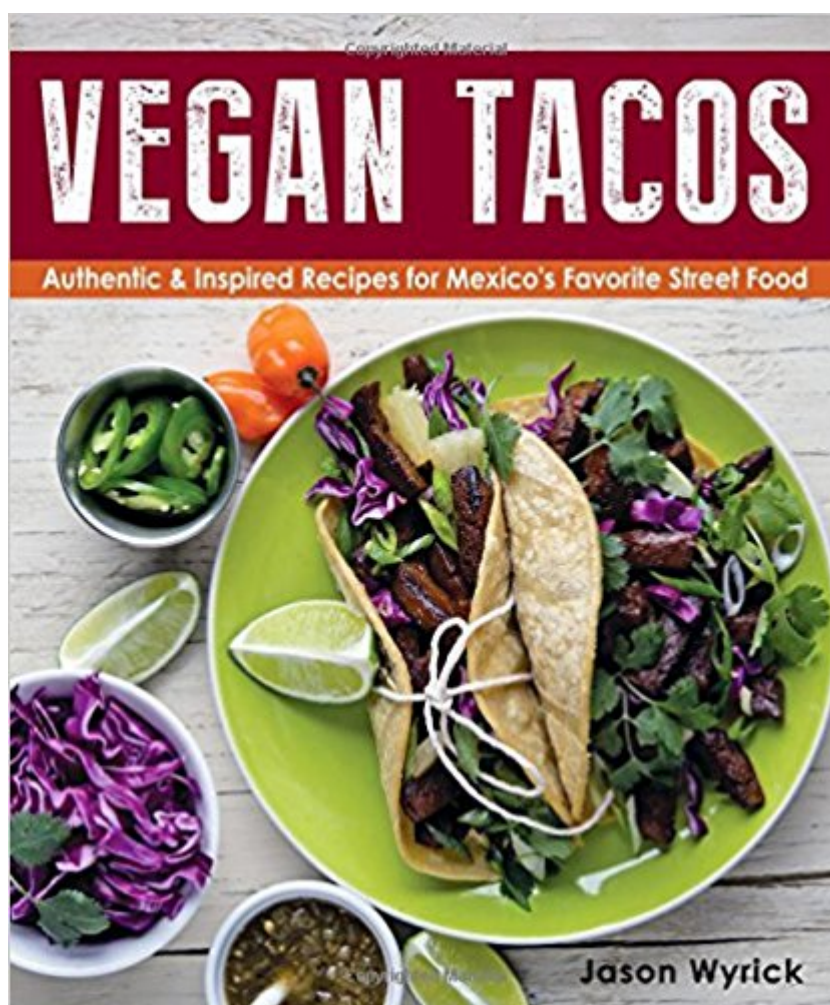


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# Vegan Tacos: Authentic And Inspired Recipes For Mexico's Favorite Street Food



## 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

"Between this dish and Wyrick's many other variations on the vegan-taco theme, our Meatless Mondays (and Tuesdays, and Wednesdays...) are looking a lot more interesting." Â (Cookbooks 365)

– Chef Jason Wyrick is the executive chef for The Vegan Taste website. After being diagnosed with diabetes in 2001, Jason adopted a vegan lifestyle, lost 100 pounds, and reversed his diabetes. Since then, he has co-authored the NY Times bestselling book 21 Day Weightloss Kickstart with Neal Barnard, MD, became the first vegan culinary instructor in the world-famous Le Cordon Bleu program, and founded the world's first vegan food magazine, The Vegan Culinary Experience. Of Mexican and American heritage, Jason has presented for the American Dietetic Association, American Diabetes Association, Humana, The Wellness Community, and Farm Sanctuary. He is a regular guest at the Scottsdale Culinary Festival, and has catered for organizations as prestigious as Google, the Frank Lloyd Wright Foundation, PETA, and Farm Sanctuary. He has traveled throughout Mexico and taught hundreds of vegan cooking classes all across the United States and has taught internationally in both Costa Rica and Italy. His recipes have appeared in Vegetarian Times and have been featured in several of Dr. Neal Barnard's books.

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.

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.

Testales are balls of masa (corn flour) that are pressed into tortillas. If you look at the photos, you'll understand how they got their name ;) As a fellow Phoenician & long time vegan, I can attest to the authenticity & quality Wyrick put into his cookbook. Outstanding photos and personal anecdotes help bring the food alive. The recipes are easy to follow, well organized & the food is supplemented with a thorough background on the history tacos from The Aztecs to Taco Bell. I especially loved the explanation of all the taco gear, I finally understand why my ikea mortar & pestle isn't a substitute for a molcajete! Mexican cuisine is one of my favorites, I've been eating it and cooking it vegan for almost 20 years. I enjoy beginning with all raw ingredients and building up from there. Recipes in this book range in complexity and Wyrick includes something for everyone. He frequently suggests

shortcuts and gives tips on how to save time. Excited to share this wonderful food with my friends and family!

This is not just my favorite vegan cookbook, but my favorite cookbook in general. My only regret is that I bought the Kindle version instead of the paperback. He gives you everything...making tortillas from scratch, a ton of different fillings, toppings, salsas, hot sauces, side dishes. And although the taco recipes are delicious, it's the mojo de ajo and achiote rice that changed my life. Honestly, I don't even usually cook the specific taco recipes. I'll just eat some well seasoned beans, sliced avocado, and salsa with fresh homemade tortillas and achiote rice on the side. And I know toast isn't Mexican, but I love me some big fat royal corona beans mashed on toast with a drizzle of mojo de ajo and red pepper flakes or a few drops of one of his hot sauce recipes. With so many options you can continually reconfigure things to avoid repeating the same flavor profile over and over again. I am, however, still a little hesitant about that vegan hot dog taco recipe.

Don't look at this book hungry! I am a relatively new Vegan but not daunted by learning new ways to cook. Jason is obviously an authority on tacos - his knowledge is evident in this book and I will become a Vegan taco master through his teachings. I've been to Mexico and back, too, and Jason's got it down! This book is not for the convenient quick go to cook - although Jason does give some shortcuts. Reserve a special place on your shelf (or counter) foodies and dig in.

I still haven't figured out how to make a tortilla from his instruction.

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