

Hot For Food Vegan Comfort Classics 101 Recipes To Feed Your Face A Cookbook By Lauren Toyota

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"Pressestimmen ?Lauren has absolutely nailed this cookbook. Vegans looking to up their cooking game, or those hoping to try plant-based eating for the first time, will be blown away at the creativity of these recipes. From basic sauces and doughs to the most delicious-looking veggie burgers and cakes, this book has it all. The photos and recipes don't disappoint! ? **DANA SHULTZ, author of Minimalist Baker's Everyday Cooking** ?Lauren is a genius when it comes to plant-based cooking. Who would have ever thought that recipes like French Toast Coffee Cake, Mac & Cheese Onion Rings, and Stuffed Crust Pizza would be in a vegan cookbook! Hot for food has become my favorite YouTube channel and I'm so excited to cook everything from Lauren's book. ? ? **JEANINE DONOFRIO, creator of the popular blog Love & Lemons and author of The Love & Lemons Cookbook** ?Lauren is a renegade and hugely responsible for showing the world how incredible plant-based foods can be. Her out-of-the-box brilliance for vegan cooking is in a league of its own. Good luck eating any other vegan food after you try hot for food recipes, because it just does not get any tastier than this. This is basically a bible. Lauren Toyota is above the law. ? ? **JULIEN SOLOMITA & JENNA MOUREY/MARBLES, YouTubers** !I'm not vegan, and I do eat meat, but I rarely cook it at home. So I'm very, very excited to dive into this new vegan cookbook that is brimming with hearty meals that are vegan, but 100% comforting and satisfying. ' ? **EMILY POPP, HelloGiggles** Über den Autor und weitere Mitwirkende **LAUREN TOYOTA** is a former MTV Canada host and a YouTube sensation. Her channel and blog, hot for food, attract a wide and engaged audience of young people curious about how to make vegan food fast and fun. In less than two years, her YouTube channel has gained over 391,000 subscribers. She lives in Toronto, Canada. Leseprobe. Abdruck erfolgt mit freundlicher Genehmigung der Rechteinhaber. Alle Rechte vorbehalten. **COLD CUCUMBER- CHILE NOODLES** Makes 4 to 6 servings 1 pound thick flat rice noodles 2 English cucumbers 2 green onions, white and green parts, finely sliced diagonally 2 tablespoons toasted sesame oil 2 tablespoons sesame seeds 1?4 to 1?2 teaspoon sea salt 4 tablespoons chile oil Bring a large pot of salted water to a boil. If your rice noodles already contain salt, do not add salt to the water. Cook the noodles until al dente, approximately 6 minutes. Meanwhile, cut the cucumber into ribbons using a vegetable peeler or slice very thin using a mandolin. Drain the noodles, rinse under cool water, and place in a large bowl. Toss with the cucumber ribbons, green onions, sesame oil, sesame seeds (reserving 1 teaspoon for garnish), and 1?4 teaspoon of the salt (more to taste, if necessary). Divide among serving plates. Drizzle each portion with 1 tablespoon of the chile oil (or use more sesame oil if you don't want spice) and garnish with the remaining sesame seeds. You can also toss the noodles in only the sesame oil, salt, and sesame seeds, leaving the cucumber ribbons and green onions to place on top of the noodles in each serving. I think this looks prettier! If you have leftovers, soften the noodles by heating them with a bit of water in a covered pan or heat in a microwave. Drain any excess water before serving."

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Drain the noodles rinse under cool water and place in a large bowl toss with the cucumber ribbons green onions sesame oil sesame seeds reserving 1 teaspoon for garnish and 1 4 teaspoon o

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