



Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook [Vegetarian Cookbook, 101 Recipes]

By Dahlia Abraham-Klein

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Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook [Vegetarian Cookbook, 101 Recipes] By Dahlia Abraham-Klein

Discover the secrets of healthy and sustainable eating that have been practiced along the Spice Routes of Asia for centuries. This unusual book is filled with richly-flavored vegetarian, vegan and gluten-free recipes like Bengali Potato and Zucchini Curry, Afghan Moussaka Eggplant with Yoghurt Sauce and Bukharian Crock Pot Rice with Dried Fruit that are a welcome change from the usual bland vegetarian and vegan fare.

Dishes from the Silk Road have their roots in the ancient village food traditions of Asia, where a few healthy ingredients from local gardens were blended with spices to create meals that are nutritious, varied and flavorful, as well as being ethical and sustainable.

Author Dahlia Abraham-Klein is a food educator who draws from her own family heritage of Central Asia to create meals that honor what is most meaningful about cooking and food everywhere in the world--a connectedness to place, history and family. Her book is about developing culinary awareness and celebrating diversity--discovering foods with contrasting tastes and textures that are simple and easy to prepare, yet totally exciting and different.

Silk Road Vegetarian delves into the cultural and spiritual traditions of the Silk Road to show how cultural traditions have influenced the cuisine. Each dish has a rich history--linking past to present in a particular place. At the same time, the recipes address pressing contemporary needs by showing us how to eat a healthy, balanced and yet interesting diet with locally-sourced, earth-friendly ingredients.

The astonishing array of recipes in this book will inspire every home cook. All dishes are easy and simple to prepare, and codes are applied to identify which ones are:

- Vegetarian
- Vegan
- Gluten-free

Try one of these recipes, and you'll agree that peoples living along the Silk Road created a unique culinary tradition that we have much to learn from today.

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Editorial Review

Review

"This book is more than a (primarily) vegan or vegetarian cookbook. It's a terrific resource for gluten-free folks, with a wide variety of options and tastes. *Silk Road Vegetarian* by Dahlia Abraham-Klein is a genuinely approachable book, with recipes that really work. It's worthy of a special place in any international vegetarian or vegan cookbook collection." —**The Weiser Kitchen blog**

"There are so many recipes in *Silk Road Vegetarian* that I can't wait to try. As long as you've got spices on hand (or know where to find them), these recipes will transport you to places you dream of travelling (or at least, I do)." —**The Jew and the Carrot blog**

"The recipes in *Silk Road Vegetarian* are delectable, creative and healthy! I love the fact that every recipe includes a generous garnish of Dahlia's personal memories and cultural insights. This user-friendly cookbook will become an asset in my kitchen." —**Rinku Bhattacharya, author of *The Bengali Five Spice Chronicles***

"Imagine a vegetarian and gluten-free excursion along the Silk Road that is redolent with spices and scented with roses, oranges, and herbs. *Silk Road Vegetarian* will bring you along on a journey through Asia, Africa, Europe, and India—with a bit of Latin influence as well." —with a bit of Latin influence as well." —**Dr. Jean M. Layton, co-author of *Gluten-Free Baking For Dummies***

"Kudos for Dahlia's beautiful *Silk Road Vegetarian* cookbook. Its food and lore are vibrant, evocative, and colorful, as are the pictures of the dishes and family gatherings. Each dish is as simple and wholesome as it is delicious. The book spans several cultures and cuisines while always remaining straightforward and within reach. All this and perfectly vegetarian and gluten-free. All I can say is WOW! You'll be eating your veggies, I guarantee it!" —**Levana Kirschenbaum (www.levanacooks.com), celebrity chef and author of *The Whole Foods Kosher Kitchen* and *Levana Cooks Dairy Free!***

"A collection of vegetarian recipes from Central Asia (including the Middle East and India), this book is right up my alley. I have many recipes bookmarked and am enthused to keep using this cookbook!" —**The Spiced Life blog**

"Chickpea Dal with Coconut Broth and Basmati Rice is a wonderfully fragrant, 15 minute, "storm gourmet" recipe that you'll love. The dal is nutty, creamy, and beautifully spiced." —**Steamy Kitchen blog**

"Sharing the "secrets of healthy and sustainable eating as practiced along the trade routes of Asia for centuries," this book is perfect for mindful cooks who want to eat a healthy diet filled with locally-sourced ingredients." —**Diabetic Foodie blog**

About the Author

Dahlia Abraham-Klein holds a Masters in Education and a degree in naturopathy. She is the Environmental Commissioner in her local community and the CSA site holder.

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In this 21st century, people become competitive in every single way. By being competitive currently, people have to do something to make these survive, being in the middle of the crowded place and notice by simply surrounding. One thing that occasionally many people have underestimated the idea for a while is reading. Yeah, by reading a e-book your ability to survive enhance then having chance to stand up than other is high. For yourself who want to start reading some sort of book, we give you this kind of Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook [Vegetarian Cookbook, 101 Recipes] book as nice and daily reading guide. Why, because this book is greater than just a book.

Alberta Keyes:

The reason? Because this Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook [Vegetarian Cookbook, 101 Recipes] is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of rewards than the other book include such as help improving your expertise and your critical thinking approach. So , still want to hold off having that book? If I have been you I will go to the publication store hurriedly.

Jaime Friend:

The book untitled Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook [Vegetarian Cookbook, 101 Recipes] contain a lot of information on that. The writer explains your girlfriend idea with easy approach. The language is very easy to understand all the people, so do certainly not worry, you can easy to read that. The book was authored by famous author. The author will take you in the new era of literary works. You can easily read this book because you can read more your smart phone, or model, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice learn.

Louise O'Neill:

In this particular era which is the greater man or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple strategy to have that. What you need to do is just spending your time not very much but quite enough to enjoy a look at some books. Among the books in the top record in your reading list is Silk Road Vegetarian: Vegan, Vegetarian and Gluten Free Recipes for the Mindful Cook [Vegetarian Cookbook, 101 Recipes]. This book and that is qualified as The Hungry Hillside can get you closer in growing to be precious person. By looking right up and review this publication you can get many advantages.

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