

# ALTERNATIVE VEGAN

## International Vegan Fare Straight From the Produce Aisle

**Dino Sarma Weierman**

*I want you to look at the recipes presented here and be as excited as a kid with a new toy. I want your heart to race, your mouth to water, and your pots and pans to sing to you as they bring together the elements of a good dining experience....*

—From the Introduction

Tofu, seitan, tempeh, tofu, seitan, tempeh....it seems like so many vegans rely on these products as meat substitutes. Isn't it time to break out of the mold?

Taking a fresh, bold, and alternative approach to vegan cooking without the substitutes, Dino Sarma brings you over 100 fully vegan recipes, many of which draw from his South Asian roots. Sharing his jazz-style approach to cooking, Dino also discusses how you can improvise in your own cooking with simple ingredients and how you can stock your kitchen to prepare simple and delicious vegan meals quickly.

Whether you love tofu, seitan, and tempeh or hate it, *Alternative Vegan* shows you how to let the flavor shine through by cooking simply with fresh ingredients. Dino helps you create mouth-watering dishes such as:

- One-pot meals and big salads: from warming soups, South-Indian uppama, and chipotle garlic risotto to beautiful composed salads
- Basic dishes: using few ingredients but big on flavor, like basic broccoli, demonic mushrooms, or asian roasted potatoes
- International dishes such as Pakoras, Flautas, Bajji, and Kashmiri Biryani
- Simple snacks and appetizers like hummus canapes and no-cheese pizzas

Explore your inner chef and get cooking with Dino!

### ABOUT THE AUTHOR

Dino Sarma Weierman was born in New Delhi, India, and immigrated to the USA with his family in 1986. From childhood, cooking has been a passion for him.

### ACCOLADES

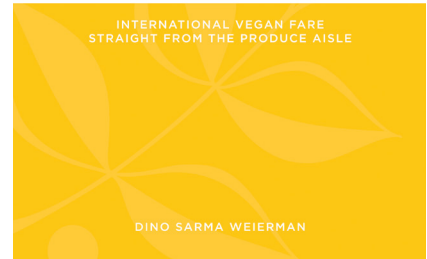
"This is vegan new school, which is really vegan old school, which draws on traditions that pre-date any of us. Cooking can be empowering, no doubt about it." —Loren Corman, host of Animal Voices on CUIT in Toronto



Tofu Hound Press, edited by Bob and Jenna Torres, publishes innovative books on veganism and animal rights.



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