

# MANGO & MINT

## Arabian, Indian, and North African Inspired Vegan Cuisine

### Nicky Garratt

*Mango & Mint* is a collection of favorite vegan dishes inspired by the foods of the Arab world, India, and North Africa. It follows the philosophy of a cuisine free of meat rather than one that emulates it. One common thread in these cuisines is that they can be prepared in a buffet style without a centerpiece (historically the kill from the hunt or domesticated herd).

Care has been taken to include sufficient recipes to build a complete buffet or a formal sit-down meal. Traditional recipes for familiar classics such as hummus or chana masala are enriched with tips and presentation ideas while established flavors and techniques are brought to bear on new combinations. This collection of recipes leans toward the flavorful with Arabic and North African creations such as Baba Ghanoush, Red Pepper Bulgur Salad, Spinach Pies, Harissa, Donuts in Syrup, and Indian favorites such as Apple Soup, Peanut Vada, Chana Masala with Green Chiles, and Mango Rice.

The recipes range from quick and easily created to relatively complex but requiring only basic equipment and rudimentary skill.

A section called "Ganging Up" has ideas and procedures for planning ahead and saving money by maximizing resources. This includes buying in season, getting the most out of a barbecue, freezing, cooking in batches, and creating vegetable stocks and base sauces.

The final section, "Recycled," has recipes for normally discarded matter like watermelon rinds, leftovers, and wild plants.

An index for fresh ingredients enables one to quickly locate a recipe by provisions already in your refrigerator while a sample menu section with full-color photographs offer presentation ideas.

### ABOUT THE AUTHOR

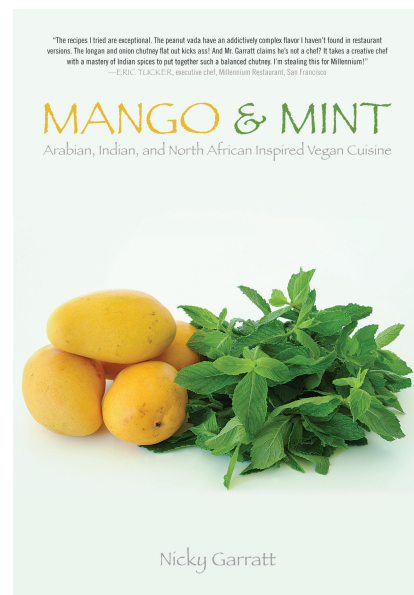
Born in Leicestershire, England, in 1955, Nicky Garratt is an internationally recognized guitar player. Best known as a founding member of the seminal punk band UK Subs, he subsequently moved to the USA, built the record label New Red Archives, and has been involved in many diverse music projects.

Over the past forty years he has been an outspoken advocate for science and animal rights, and is active on the lecture circuit on science advocacy topics. He now spends time between homes in San Francisco and Quedlinburg, Germany.

### ACCOLADES

"Nicky Garratt's knowledge of Indian/Arabic cuisine, and specifically the spices used in its preparation, is vast indeed."

—A. McMullan, award-winning chef, San Francisco



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