

Chapter 1 : Easy Vegan Holiday Entertaining Tips

This elegant vegetarian lasagna serves 12, making it a perfect dish for entertaining. Feel free to substitute frozen spinach for the fresh if you are pressed for time. Madeira wine and a generous amount of fresh parsley add depth and flavor to the creamy sauce.

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Try one of our top vegetarian entertaining recipes to create the perfect vegetarian dinner party. We have created easy but impressive ideas for vegetarian canapés (halloumi fries, anyone?), elegant vegetarian starters and show-stopping vegetarian mains.

Follow the Vegan for the Holidays Blog This month we take some bold steps into the vegan culinary world of Chef Jason Wyrick as we venture forth into Part 2 of his exploration of Bold Flavors. Bold Flavors by Chef Jason Wyrick Last month, I wrote about how to effectively serve non-vegetarians, and one of the key points of that article was choosing bold flavors. Boiled squash served over rice. Steamed veggies dressed in tamari. Now, consider seared chayote squash with a mango chili lime sauce over toasted sesame rice and roasted potatoes and garlic with a lemon ginger tamari glaze. Bold, fun, creative, and most importantly, appetizing for meat-eaters and vegetarians alike. How does one achieve boldness in flavor? First, go for depth. Sundried tomatoes, because their flavors have been intensified through the drying process and their sugars have been slightly caramelized, have a deeper flavor than fresh tomatoes. Toasted sesame seeds and toasted sesame oil have a darker flavor than plain sesame seeds and oil. Look for ingredients like these and let your imagination go wild. Another way to add boldness to your meal lies in the preparation. Seared will create a stronger flavor than steamed. Roasted creates a deeper flavor than boiled. Grilled brings forth an intensity not typically found in baked food. Many of my students are meat-eaters and after a while, they transition to healthier foods. These are flavors that scream forth from the food, "I am here! Mangoes are a rich fruit, and citrus cuts through most flavors. Ginger and garlic are particularly strong ingredients, as are basil, pine nuts, thyme, oregano, toasted cumin seeds, cloves, allspice, fenugreek, and fresh black peppercorns. Note, organic and in-season ingredients simply taste better than their counterparts. These ingredients achieve boldness by featuring their fresh, unadulterated flavors. See Bold Flavors for recipes and techniques. Eat healthy, eat compassionately, and eat well! He operates a successful vegan catering and culinary instruction company in the United States and has taught alongside doctors Neal Barnard, John McDougall, and Gabriel Cousens and is the first vegan instructor to teach in the Le Cordon Bleu program. You can reach Chef Wyrick at ChefJasonveganculinaryexperience.com. We are grateful to Chef Wyrick for graciously offering to share these recipes with our readers. Smoked Black Bean Chili Type: Main Dish, Chili Serves: Chop the cilantro leaves. Reduce the heat to medium and add the garlic. Saute this for another 3 minutes. Allow this to simmer for at least 10 minutes. Smoked dried New Mexico chilies and grind those into a powder for the chili powder. Make sure to begin with a dry pan and the onion only and once the onion starts to brown, reduce the heat to medium-high and add in the water and garlic. Raw Version Soak an ancho chili pepper and three New Mexico chili peppers and then blend them with one cup of water, one clove of garlic, one-quarter of a yellow onion, and one tomato. Stir in the cumin, salt, cilantro, and sprouted black beans. Allow this to sit for at least two hours. Main Dish, Low-fat Serves:

Chapter 3 : Vegan Entertaining

I've been a vegetarian my entire adult life, so when it comes to cooking, that's all I really know.

Formerly a diabetic, Chef Wyrick has completely reversed his diabetes with a vegan diet. He has been a contributor to Edible Phoenix and was chosen as vegcooking. In addition to catering, he regularly teaches vegan cooking classes across the Southwest with occasional classes in Texas and California and regular classes in Phoenix and Sedona. He has taught with Dr. John McDougall, and with Dr. Gabriel Cousens of the Tree of Life. He has also been a guest instructor at the Scottsdale Culinary Institute and is the first vegan instructor in the world to be featured in the Le Cordon Bleu program. He specializes in making vegan cuisine both delicious and accessible. And the stress hits. Will everyone be happy? Will they nod and smile politely and then go out for a steak after the dinner? A smoked portabella mushroom with a sun-dried tomato tapenade is way more appealing than a bean sprout and avocado wrap. Not that I have anything against those, but I know my meat-eating friends would do the wrap a nod and a smile and then run out to the nearest Burger King as soon as they made their escape from my dining table. Serving a hearty dish, that is to say, one that has a deep, dark, rich taste and a filling quality like the portabella mushroom example above, will leave your guests satisfied and addresses one of the primary concerns meat eaters have when dining at a vegetarian table. Using chili peppers is a wonderful way to accomplish this, as are caramelized onions, roasted garlic, cumin, fresh peppercorns, smoked paprika, dark herbs like thyme, oregano, and marjoram, and salt. Since meats are generally well salted, your meat-eating diners will be accustomed to saltiness. Avoid meat substitutes especially tofu, unless the recipe is amazing. These styles of food often leave guests thinking that perhaps you do, in fact, miss eating meat! I have discovered a couple caveat recipes, however, like my barbecued shredded seitan, which is always a winner. I think a large part of that has to do with the fact that it is disguised in an incredible barbecue sauce. Regardless, some recipes like that simply bust the rule. I have included a list of sample recipes chipped porcini sandwich, roasted red pepper beer beans, smoked portabella with sun-dried tomato tapenade, chipotle aioli potatoes, sweet potato satay, shorba Addas, and shredded seitan barbecue sandwiches to name a few you can use at [http: Eat healthy, eat compassionately, and eat well!](http://Eat healthy, eat compassionately, and eat well!) We are grateful to Chef Wyrick for graciously offering to share these recipes with our readers. Mix the garlic, nutmeg, and red wine together. Marinate the portabella caps in the wine solution for at least 4 hours, covered. Soak the apple wood chips in water for at least one hour. Towards the end of the marinade, prepare the stuffing. Chop the onion, slice the celery, and dice the apple. Saute these on medium high heat in the 1 tsp. Add the cubed French bread, paprika, salt, and pepper. Reduce the heat to medium. Saute this for about 5 minutes. Add in the vegetable stock. Cook this for another 10 minutes and remove it from the heat. Light up a charcoal grill with the soaked apple chips. Take the portabella caps out of the red wine marinade. Brush them with olive oil and sprinkle on a touch of salt. Place these on the grill until they are soft and pliable. Wrap them around the stuffing. Pierce them with toothpicks at a diagonal to hold them together. Return them to the grill for another minutes. Brush the mushrooms with the marinade every minute or so to keep them from dying out. Shorba Adas Time to Prepare:

Chapter 4 : Vegan Entertaining Tips | Tasting Table

Vegetarian night isn't just for vegetarians. Even meat lovers will be satisfied by this rich, flavorful dinner.

Chapter 5 : Entertaining Vegetarians by Celia Brooks Brown (, Paperback) | eBay

"Satisfy vegetarians with these delicious recipes." When planning a party, chances are at least one guest will be vegetarian. Creating a menu that pleases everyone (meat-eaters, vegans and vegetarians alike) is a challenge.

Chapter 6 : | Cooking Light

DOWNLOAD PDF ENTERTAINING VEGETARIANS

Last night, I was entertaining vegetarians. I had some work colleagues over for dinner. They were both vegetarians. That wasn't why I invited them! In the past, that would have been a real issue for me. I wouldn't have felt comfortable cooking for vegetarians. I don't know why. I guess I don.

Chapter 7 : Entertaining Vegetarians by Celia Brooks Brown

Vegan Entertaining. Our favorite Vegan Entertaining recipes with beautiful images, curated from the feedfeed community of homecooks, chefs, bloggers, and food organizations/brands.

Chapter 8 : Vegetarian dinner party recipes | BBC Good Food

Take the best veggies of the season and create a tempting spread of grilled vegetarian apps, sides, and main dishes at your next BBQ.

Chapter 9 : Entertaining Vegetarians | eBay

A good party or get together needs great food! This collection of Awesome Vegan Party Food Ideas is sure to impress your guests. When it comes to entertaining, good things really do come in small.