



## **Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-Free Recipes That Rock**

*Isa Chandra Moskowitz*

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**The classic first cookbook from the coauthor of *Veganomicon* is back with even more tasty recipes, chatty anecdotes, and money-saving tips for easy plant-based cooking, featuring tempting full-color photos throughout.**

Ten years ago a young Brooklyn chef was making a name for herself by dishing up amazing vegan meals--no fuss, no b.s., just easy, cheap, delicious food. Several books--including *Veganomicon*, *Appetite for Reduction*, *Isa Does It*, and *Superfun Times Holiday Cookbook*--later, the punk rock priestess of all things tasty and animal-free returns to her roots--and we're not just talking tubers. The book that started it all is back, with new recipes, ways to make those awesome favorites even awesomer, more in-the-kitchen tips with Fizzle--and full-color photos of those amazing dishes throughout.

With tips for taming your tofu, doing away with dairy, and getting rid of the eggs, you'll find recipes for:

"Fronch" Toast; Biscuits and White Bean Sausage Gravy; Chile sin Carne al Mole; Apple Pie-Crumb Cake Muffins; Three Kinds of Knishes (Knish Madness!); Revolutionary Spanish Omelet; Tempeh Reuben; Braised Cauliflower with Three-Seed Sauce; Ethiopian Seitan and Peppers; No-Bake Black Bottom-Peanut Butter Silk Pie; Coconut Heaven Cupcakes...and more. So much more.

## **Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-Free Recipes That Rock Details**

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Author : Isa Chandra Moskowitz

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## **From Reader Review Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-Free Recipes That Rock for online ebook**

### **Andrew says**

It doesn't quite feel right only giving this book five stars. It was more than a cookbook, it was an education. Isa's prediction from her introduction absolutely came true for me:

"A cookbook isn't just light beach reading; it becomes part of your life. In a few month's time it will be scribbled with your notes and splashed with tamari and tomato sauce. Its food-stained, dog-eared pages will bring back memories"

As a vegetarian for over a decade, I decided 2012 would be the year I would go completely vegan. As a companion to making the switch, I resolved to cook every recipe in this book over the course of the year. Although I started the year making great progress, after a few months I started to burn out. It wasn't just cooking from the same cookbook all the time that got me, it was just having to cook recipes all the time rather than just throwing together something simple like beans and rice on some nights. So I adjusted my goal to cooking half the recipes in the book, and I'm happy to say I exceeded that target (by my count there are 133 unique recipes - I made 72).

There is no doubt the type of cooking Isa is presenting in this book is comfort food, not health food. It's full of oil, white flour, syrup, refined sugar, etc. But to a new vegan it's great, because it proves there *is* even such a thing as vegan comfort food. I'd say the book's strongest section is brunch, just about everything in there is amazing. The main courses are a little more hit and miss, but there are some truly exceptional ones in there. Check my progress updates on the book for my ratings of each of the recipes I cooked. After a year of cooking, my top five are:

1. Mushroom and Sun-dried Tomato Risotto [pg 186]
2. Brooklyn Pad Thai [pg 180]
3. Pancakes [pg 31]
4. Isa Pizza [pg 131]
5. Marinated Tofu [pg 145]

Thank you Isa for making this book. We've been on quite a journey together, and it's been delicious.

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### **Alissa says**

I received this last year for xxx-mas from melissa. (yeah?) Seriously, Isa does a good job about telling a story and making it interesting, but her flavor profiles are off. I KNOW that being a good cook doesn't mean following a recipe, but sometimes when it says "This is really good and yadda yadda" in the book and on the web site I trust too much. So... with a grain of salt (literally TASTE everything you make in a small batch before you commit to ANYTHING in this book) I enjoy this book for its great ideas, but momma needs to catch up with someone who will make her CHECK and RECHECK her ratio's and flavor profiles. rar rar rar food.

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### **J says**

As much as I love the PPK, the main course recipes in this cookbook are not exactly ideal for someone who doesn't have a lot of time or a big budget. The different tofu marinades and crusts alone call for way more ingredients and time than I can afford. The few main courses I have tried are good, though (albeit rich). My favorite is the green curry (although I use curry paste from the store). The highlight of the book are the baked goods. I am not much of a baker, but I have tried a number of the pie and brownie recipes in this book, and Isa definitely knows how to make a decadent dessert. This is usually an area that vegan cookbooks stumble over so that section alone makes this cookbook a worthwhile purchase. It is a good book for special occasions, but you'll have to go elsewhere for quick, easy weeknight meals.

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### **jess says**

I've been cooking out of VWAV for several years now; it's about time I write a review for it.

If you are new to vegan cooking, or looking for a basic place to start wooing a vegan date, this is a solid, dependable book to start with. While I love Isa's newer book (veganomicon) a lot more, I have to give credit where credit is due and say that VWAV is the root of much of my cooking ability. I would be lying if I didn't say that many of the basic dishes that I science up on the regular come from this cookbook. The biscuits that accompany my family's famous secret recipe vegan gravy - they are the biscuits from this book. The muffin recipes are semi-dependable, although I don't love the pumpkin muffins. The seitan recipe is simple & good.

Isa Chandra Moskowitz is a shining star in the vegan cookbook world, providing recipes that are often kid-pleasing, easy to cook, and push us vegans out of the "stir-fried tofu" arena into greener pastures. Some techniques that seem intimidating are clearly explained in the PUNK POINTS sections. This cookbook not only provides inspirational recipes - it gives you the tools & talents you need to take your cookery onto another level. I am definitely a better person as a result of this cookbook. And how many cookbooks can you say that about? Not too many.

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### **Katherine says**

Isa's writing helped me work out what I had preceived as dissonance between the counter-cultural idealism of my youth and the responsible adulthood necessary to have a family and be married to a pastor. She calls it being "post-punk." I thought I had just gotten boring. But I'm over the hump now. I've been learning over the last few years that it is possible to be radical (okay, I'll say it one more time. . . and idealistic) and discontent with the state of the world in the process of doing things like taking your kids to preschool and finding yourself chagrined to be living in the suburbs.

All this from a cookbook.

The curried pea soup is easy and delicious. And I pulled off the peanut butter cookies at a church picnic.

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### **Cindy says**

This is a reread for me. I got my first copy when it came out in 2005. It was the first cookbook I bought for myself and the first one I read that felt like it was for me. It was a little edgy with a do your own thing, punk rock, love life kind of vibe. It was a good jumping off point. Techniques and tools are explained well, most of the recipes are super easy and the food rocks. Everything I've made from the book so far has been good. My carnivorous buddies even like what I've made for them.

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### **Karen says**

We've got a lot of cookbooks at home. This one ranks right up there with my battered copy of *Tassajara Cooking*, the one that taught me how to cook in college - and that's saying something.

There are two vegans and one, well, carnivore in our house. I've made a lot of the things in here, and there hasn't been a badly received one yet. The pizza crust recipe is a terrific intro to bread baking in general. Just take a look at it.

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### **Ellen says**

I started reading the original cookbook (checked out from the library) but had to return it before I finished it. When I got another copy, it was the 10-year anniversary edition. Both are good in their own ways. The new version is automatically good because it has tons more pictures. BUT Isa updated her intro, and in doing so, a new reader misses out on her entire story of what brought her to write the book, which I found helped to make the book. Otherwise, I'm excited to try out a ton of the recipes, as they sound delicious.

(And yes Tegan, it's another cookbook)

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### **Nicole Marino says**

I love this book with all my heart. There is not one meal that I have made that hasn't been delicious; the fact that my incredibly carnivorous and generally unhealthy food devouring family is duly impressed with each new dish is amazing.

I appreciate the simple yet malleable nature of most of the recipes (well, the ones I've tried!). A vegan due to a variety of food related health issues, I also have to keep my foods gluten free, and do my best to keep them low-fat. It's incredibly easy with these. The recipes don't rely on battering and frying tofu 101 ways and they are not overly carb-heavy. The result? Foods that are immensely satisfying and incredibly tasty as well as easy on the stomach, the blood sugar, the belt notches, and the wallet. (In my experiences anyway!)

I cannot stop making the Chickpea-Broccoli casserole (with added spinach and peas, and sometimes TVP in

place of the sorely missed Japanese breadcrumbs) or my version of the Veggie burgers (baked). I also love the Punk Rock Chickpea Gravy on Mashed Potatoes (even on mashed chickpeas) and the Roasted Brussels Sprouts with Toasted Garlic. Dessert wise, I've only made the Mexican Chocolate Rice Pudding. I plan to try other desserts, pizzas and waffles when I'm ready to experiment with GF flours...but not before I've made every soup and entree. Looking forward to reading VEGANOMICON.

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### **Trish says**

O.M.G. I should have known, after using Veganomicon for a couple of years, that the cookbook that launched Isa Chandra Moskowitz was bound to be a keeper. Isa credits Terry Hope Romero with the Chili Sin Carne recipe that ROCKS with its own calypso band on days 2 and 3. Make it a day early if you've guests coming and this recipe will stay in your memory forever. And the Macadamia-Coconut-Carrot Cake is, without exaggeration, the far-and-away BEST carrot cake I have ever encountered. I probably would use 1/4-1/2 cup less sugar because I am not enamored of sweets so sweet, but let's not quibble. This is pure, unadulterated GENIUS. I am a fan. If everyone knew that going meatless was so bloody delicious, this would end any argument. I almost feel like laughing when I hear "don't tell them it's vegan"--as though unaugmented vegetable matter were something queer. But what strikes me again, after working my way through Vegan Cupcakes Take Over the World and The Joy of Vegan Baking, is how baked goods suffer not at all from lack of eggs or milk products. In fact, these baked goods are among the best I have ever tasted. Full stop.

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### **Bookdragon Sean says**

I've been a vegan for almost six years, and in that time I've amassed a rather large collection of plant based cookbooks.

And some of them feel very samey, filled with very similar main courses and sides. Some are overly fancy with complex dishes of expensive ingredients I've never even heard of. They're impractical. Veganism doesn't have to be difficult and the food involved doesn't have to require huge amounts of effort and time. It can be simple and straightforward just like this cookbook. This is packed full of so many recipes and ideas, none of them particularly difficult or expensive. The muffins were a particular favourite of mine.

So this is a good cookbook if you want relatively quick vegan food that is still healthy and tasty. Very much recommended.

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### **Kathryn says**

Very good, but necessarily recommended for those exploring/dabbling in a plant based diet.

I'm a huge fan of Isa's recipes. Though I have only made a few from this cookbook so far, I have made several from Appetite for Reduction: Fast and Filling Low-Fat Vegan Meals and Veganomicon: The Ultimate Vegan Cookbook and been impressed with almost every single one. "Veganomicon" has some more complex recipes, but "Appetite" and "Vegan/Vengeance" have many recipes that are very easy or fairly easy to make and probably would not intimidate even novice chefs or those new to vegan cooking/baking.

They are sooo delicious!

The Post Punk Vegan Kitchen is Isa's website and I highly recommend it for those new to veganism, dabbling in it, or who just want to check out some of her recipes before they invest in one of the books: <http://www.theppk.com/>

I personally enjoy the chatty style in her cookbooks and it helps me feel like I have a friend in the kitchen and gives me some added confidence while I cook. However, this could be a bit off-putting for those wanting just a "plant based diet" or to omnivores dabbling in some meat free meals who don't want lessons about why veganism is an ethical choice. Also, I must say I was a little disappointed (and thus docking one star) in "Vengeance" because, amongst some personal anecdotes, Isa includes one with a political slant that could alienate readers not of her persuasion. Of course, it is certainly her prerogative to share her political opinions and they are probably ones that many vegans would agree with. But, something makes me a bit uncomfortable about the way it was presented, as if everyone reading her book would agree with her and I know that not all vegans would. This might be off-putting to some readers, or to some people exploring the idea of becoming vegan, if it is a political affiliation they do not identify with themselves. Many people already assume a lot of things about you if you say you are vegan. Political affiliation is probably one of them. I personally think that animal welfare is something that people from all political persuasions can and should consider. I remain a big Isa fan, I think her heart is in the right place and her recipes rock, but I do wish this book had not included that particular story because it could infuriate rather than welcome certain people to the vegan fold.

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### **Alix says**

As a professed hater of vegetables, it's nothing short of amazing that I even picked up a vegan cookbook, let alone gave it 5 stars. I don't consider myself a vegan, in fact, I love meat. But I do hate tortured animals and chemical additives, so I thought I'd give it a try. I've made about 8 of these recipes and each one has turned out divine. What do I mean by divine? Suffice it to say that my fiance is usually considered the best cook in the house, but after cooking those last 8 recipes, he quickly abdicated the throne and I now feel like a vegan Rachel Ray:)

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### **Jen says**

Totally loved this cookbook! I'm not a vegan, or a vegetarian, but saw it rec'd in a few different places so I decided to try it out. This is one of the easiest and best cookbooks I've come across. As someone who uses a PVC pipe as her rolling pin I'm good with anyone encouraging you to go your own way in the kitchen. I loved the author's fearless attitude, straightforward recipes, and easy to find ingredients.

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The only sad part is I now have to return this book to the library. But it goes with a lot of love and enjoyment, an added olive oil ring on two pages, and a tiny dash of maple syrup on another BUT I'm about 99% sure I got all the brown sugar out. If you come across a copy of this cookbook from the FtCo library I highly recommend the recipes on those pages!

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### **Elizabeth says**

I didn't think it fair to rate this book, as I neither finished reading it nor made recipes from it. My fiance and I are both enthusiastic omnivores, but are looking for new ways of incorporating veggie protein in our diet in order to diversify, save money, and be planet friendly. This cookbook came highly recommended, but as with Veganomicon The Ultimate Vegan Cookbook, I was underwhelmed. A number of the recipes looked interesting, but required enough specialty ingredients in place of meat/dairy to be off-putting. The entrees sounded good, but not particularly unique. The over-the-top punk vegan righteousness was a bit much as well - I guess that's to be expected from a book with VENGEANCE in the title - but as an omnivore, I really appreciate tolerance and understanding among my vegan friends about my eating and lifestyle choices, just as I try to express tolerance and understanding towards theirs.

In short, I was hoping this book would get me excited about cooking vegan. Instead I was pretty turned off, and returned it and Veganomicon The Ultimate Vegan Cookbook to the library today.

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