



Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love

Terry Hope Romero

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Go beyond the pale of iceberg lettuce with recipes for indulgent salads of plant-based proteins, vibrant veggies, and zesty dressings.

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From Reader Review Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love for online ebook

Delphine says

I think this is my favorite cookbook, ever. Not even my favorite vegan cookbook - I ate meat most of my life and am a bit of cookbook hoarder. This one, though, is just unbelievable. So much variety (so much!) Lots of different flavors, often with multiple options to switch up a recipe. And the recipes are all so good! This is the one cookbook I've actually made more than a handful of dishes from. I actually try one each week because I really haven't been disappointed so why stop now! Plus it's vegan. And it's healthy vegan - no weird ingredients, nothing bad-for-you in it. Terry Hope Romero is a genius chef and I will definitely be buying more of her cookbooks.

kimberly says

SUPER impressed. who knew that raw cashews soaked in hot water could make a creamy salad dressing?!?

i didn't realize this was a vegan cookbook, but finally. FINALLY. i feel like vegans can actually eat well without only eating food that's made to look like meats, or subsisting on oreos!

#newfoundrespect

#worstbookname

Don says

This book is paperback with "only" 100 recipes and much smaller than her previous books. Nonetheless, it's very well presented and has plenty of professional looking pictures.

She starts with recipes for dressings that include creamy ones as well as vinaigrettes. She follows with recipes of toppings that includes nuts, croutons, as tofu, and a couple of "bacon" topping recipes using tempeh and coconut.

She offers up a couple of side salads, but the bulk of the books are salads that can be eaten as a meal.

The salad recipes include plenty of veggies, as well as fruit, noodles, potatoes, protein like tofu, seitan and tempeh and they look mouth watering. Ms. Hope Romero is an amazing cookbook writer and I don't think this book will disappoint her fans or people new to vegan cooking.

The index looks adequate, but I've yet to use it.

Five stars from me.

Sean Barrs the Bookdragon says

Doesn't this book have such a cool name? Salad Samurai. It sounds good. The recipes are quite nice too!

Cheryl says

Probably 4.5 stars - the flavors are unparalleled. Terry is a chef extraordinaire, and like her other books, the recipes are slyly quite involved. Expect to really work to get there.

Brianne says

Interesting book, and I'd probably try a couple of the salads.

BookBec says

This cookbook looked very interesting ... I marked a lot of recipes to try. But three salads, one breakfast, and a dressing later, I'm not as excited. They're said to be easy to make, but IMHO, 45 minutes for 2 servings and several sub-recipes isn't an easy meal. And many of the recipes require quite a stretch of the imagination to consider them "salads."

The grain salads ended up feeling like too much of one thing for a meal -- I'd rather have had a half-serving along with something else on my plate. I tried a green salad with chimichurri chickpeas, and much as I love a local restaurant's chimichurri sauce, this version did nothing for me. The one salad my family liked involved a lot of tweaks on my part: cooking Brussels sprouts instead of massaging them raw, adding chicken in place of portobellos, upping the oil in the dressing. Overall I think these recipes would benefit from more oil -- there are plenty of good fats out there, and we certainly aren't going over our calorie limits by eating vegan salads.

The only recipe I found a winner was overnight soaked oats for breakfast, and it's really stretching things to call that a salad.

Samantha says

I've been eating out of this book for weeks, deliciously happy ever since.

Lara says

I was that weirdo kid who, when asked what my favorite food was, would respond "salad" (well, that or spinach with mayonnaise on top...um). I was also that weirdo teen. Aaaaaaaand I am still that weirdo adult. I really, really love salad and always have.

I'm usually not all that impressed with salad recipes though for some reason. I think so many of them just seem so like, duh, you know? But the ones in this book almost all look really good, and I like that it also includes recipes for different dressings and crunchy toppings, and, interestingly enough, some in the back that are for like...dessert salads? Breakfast salads? I dunno, but I wanna eat 'em!

I'm not generally very deliberate about salads--I'm mostly of the just-throw-a-bunch-of-random-stuff-in-a-bowl-and-eat-it variety--but I am actually really excited about *following* these recipes. Well done, Terry Hope Romero!

PorshaJo says

My first thought on seeing this book was 'I don't need a book about salads'. But a bulletin board discussing this book had many lively discussions on the book, with people posting mouthwatering photos of salads. I grabbed this one from the library and was immediately smitten with it. My biggest hurdle was deciding which one to make first. I can see this book getting a lot of use in my house, especially during the summer months when all I eat is salads. Another great book by Terry Hope Romero.

Chrissy says

My top five reasons why this book is fantastically amazing.

1. The insanely, gorgeously delicious photographs throughout the entire book
2. The lovely glossy pages make me feel as if I'm reading a favorite magazine instead of a cookbook
3. The scrumptious salads that look healthy, beautiful, and incredibly tasty
4. The salad dressings, which seem easy to replicate and delicious to devour
5. The breakfast selections. Yes, that's right -- a salad book with incredibly appealing early morning suggestions.

And then, of course, there's my overall top reason why this book is fantastically amazing:
It's totally, 100% vegan... and healthy.

Five stars for my five top reasons that I absolutely MUST have SALAD SAMURAI on my bookshelf ASAP!

Nichole says

This vegan cookbook belongs at the same level as Thug Kitchen as far as great, inspiring, delicious, creative, instructive cookbooks go. I'm a true omnivore looking for salad inspiration, and while I will probably use actual pepperoni instead of tofu made to taste like pepperoni, I actually did go out and purchase my first packages of tofu, tempeh, and shirataki noodles. I copied so many of the recipes that I could easily create a recipe section in my personal collection just from this book. If I weren't already sold on many of the recipes, there was a chimichurri chickpeas recipe that made me a very happy girl.

Because I work in a library, I borrowed it and read it cover to cover, then instantly wanted a copy for myself so I could put sticky notes inside with my comments. It's rare these days that I purchase a cookbook because there aren't that many that have enough recipes I like to make it worthwhile, but this is one of the rare cookbooks that will long sit on my kitchen bookshelf.

Ryan says

I was skeptical of this cookbook initially - the recipes sometimes call for ingredients that are difficult or expensive to source outside of certain niche (vegan, Brooklyn) enclaves; soaked nut-based dressings are supposed to replace the classic egg-based originals; the textures of the "sweet & savory" section are skin-crawling (e.g. smoothie bowls).

These reservations aside, the organization of the book is faultless (recipes are organized seasonally, and the author walks you through a week of shopping and prep-work in a few short paragraphs), the salads themselves are nutritious, original, filling (most work as entrees or stand-alone meals - satisfying even the biggest appetite), crowd pleasing (they scale well), easy to modify (if you are lacking ingredients or time) and most importantly, delicious.

This book provides both a creative jolt and a handful of new standards to add to your regular repertoire, and proves worthwhile for vegans and omnivores alike.

Ashley Chew says

LOVE!!! Everything I have made so far has been great. Healthy but so tasty!

Jennifer says

I originally bought this book my Mother for Christmas. She said she wanted to eat more vegetables, so I thought this would be a great book for that. At the time my Mom was living with my sister while looking for a new home, so my sister ended up flipping through and liking a few recipes. So she bought the book for herself.

Funny thing is for awhile my Mother and my sister would tell me to make a recipe from the book, and I keep pointing out that I don't own it. I still don't. I've been checking out from the library. I think I was afraid because the book is so small. Did I REALLY need a whole book on salads? Answer- yeah- I really do.

Photos

Not a big fan of the black side bars. Although I LOVE how visually it is different from other cookbooks, it is easy to leave marks on it. I think the biggest issue is the fact that it is a salad cookbook, meaning you are using oil for dressings, and I left quite a few greasy finger prints on the side (right where you touch to turn the page!). And since this is a library book, I could easily see which recipes other patrons made (hello Fiery Fruit and Quinoa Salad!) Naturally my vegan mind is racing- are they vegan? Are they omnivores diving into the vegan world? Did they like it?!

As always I love the photos in the book. They are done by my second favorite food photographer (my main man will always be Ted *insert winkie face*) Vanessa K Rees. I've mentioned it in other reviews, but she has worked with Romero before for Protein Ninja and Moskowitz for Isa Does It. You will recognize her signature style photographing from above. If you want a preview of the sexy photography there are some on her website.

What I do love about the photos is that the images aren't unrealistic. Nothing bothers me more than inaccurate photos. I've caught a few photos in other books where CLEARLY different vegetables are in the dish, or the color is unattainable. What I like about these photos is the dishes are shown as a reasonable end result. The green apples are big chunks for the Reubenesque salad for example. And there notes when they are being fancy, like in the Mermaid salad (no, I sadly didn't make this) They spiralized the beets instead of julienned them.

Set-up

The book is divided up by the introduction/information, dressings, side salads, salad toppers, spring, summer, fall, winter, and then breakfast 'salads.' The last chapter is clearly bending the definition of a salad, and frankly the easiest to ignore. Sorry. But I am glad she divided the recipes up by seasons. Yeah, sure you can make a winter salad in the summer (or vise versa) but if you have a CSA share, you would much rather wait till the summer when the produce is super fresh, knowing it will taste better. This is also why I have tried mostly the winter and fall salads, I keep making salads during this time of the year.

Writing

I feel a little crazy writing this- but Romero's writing is a little bland in this. Sure there is a lot of wit and spunk in the introduction, but not as much personality in the descriptions. Maybe I am just imagining that? Regardless, I think my favorite part of the book- no diet talk. No talk about gurl you gonna be so thin with this salad talk.

Overview

Vegans have a love hate relationship with salads. So many times we know in the back of our minds that if we go to a restaurant there will "always be a salad option." A lot times it is sad and pathetic- iceberg lettuce, oil and vinegar, and subpar veggies cut in large chunks. I had a similar issue when living with my in-laws. Although they are great cooks, every single dinner included a side salad with oil and vinegar. I think they genuinely enjoyed this, but I couldn't help but think of better uses of the lettuce.

Salads have been morphed into the pinnacle of diet culture and clean eating. It has been called out for being an excuse to starve yourself, and for being overrated. Most salads in American culture are either heavy fat-calorie bombs (pasta salad, chicken/tuna/egg salad and the like) or watery-crunchy-vegetable based meals that are so bland you need to drench them in dressings.

But if you ever got a salad from a higher-end restaurant, you will know they are so much more. It is a delicate balance of flavors as you only have a few ingredients, they need to work with each other. There is also the question of quality, if your produce isn't at it's peak quality your salad is lacking. And this is what Romero addresses in her book. She wants you to use produce when it is fresh- and that's why she organizes everything by season. She wants people to eat well thought out, flavorful salads that are more than lettuce, cucumber, and radishes.

Pretty much Romero wants to take salads away from rich white women who are littering their wellness Pinterest boards with expensive fancy looking salads, and trying to democratize them. They are filling, full of flavor, and pretty affordable. Salads, at least in this book, are for everyone. And I love Romero for being

able to accomplish that.

Recipes

As with all my cookbook reviews, I try my best to leave links with recipes that are online BUT are up there with the publishers permission. I also won't link recipes that might stray too far away from the recipe (which some bloggers do) I also made sure I provided at least one recipe from each section of the book. Read the Recipe Reviews on My Blog
