



But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner

Kristy Turner

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“Get ready for your taste buds to explode.”—Isa Chandra Moskowitz

Can't imagine living without cheese? Convinced that dairy-free baked goods just don't cut it? Hate the taste of tofu and not a fan of boring salads? EXCUSES, BE GONE!

Blogger-author extraordinaire Kristy Turner deliciously refutes every excuse you've ever heard with 125 bursting-with-flavor vegan recipes for every meal of the day—including dessert! *“All those special ingredients are way more expensive.”* Not when you can make your own **Homemade Seitan, Barbecue Sauce, Zesty Ranch Dressing, and Tofu Sour Cream.** *“I could never give up cheese!”* You won't miss it at all with **Tempeh Bacon Mac 'n' Cheese with Pecan Parmesan, Tofu Chèvre, Citrus-Herb Roasted Beets with Macadamia Ricotta, or Mushroom Cheddar Grilled Cheese Sandwiches.** *“What about brunch?”* **Chickpea Scramble Breakfast Tacos, Lemon Cornmeal Waffles with Blueberry Sauce, and Caramel Apple-Stuffed French Toast** are vegan breakfasts of champions! *“My friends won't want to come over for dinner.”* They will when they get a taste of **Carrot Cashew Pâté, Portobello Carpaccio, and Gnocchi alla Vodka.** *“But I scream for ice cream!”* Then you'll shriek over **Dark Chocolate Sorbet, Mango Lassi Ice Cream, and from-scratch Oatmeal Raisin Ice Cream Sandwiches.** If you're a waffling vegan newbie, on-the-fence vegetarian, or veg-curious omnivore, this book will banish your doubts. You'll find you *can* get enough protein, fit in at a potluck, learn to love cauliflower, and enjoy pizza, nachos, brownies, and more—without any animal products at all. (Even vegan pros will discover some new tricks!)

Colorful photographs throughout will have you salivating over Kristy's inventive, easy-to-follow recipes. So what are you waiting for? Get in the kitchen and leave your excuses at the door!

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Emily says

Okay... I'm not vegan nor do I intend to be. I checked this out because I eat a vegan-like diet a good portion of the year for religious reasons. If I were considering being a vegan, this book would not sway me.

When I look at vegan recipes, I always discard the ones with fake food. Blech. (Yes, I know there was a section that addressed this). I love cooking with whole, real foods and spices. (I also love cooking with grass-fed butter, ghee, local, free-range eggs, and cheese...but that's not always an option for me). I don't want fake egg substitutes or soy milk instead of dairy; I want someone to tell me how to bake without ANY eggs or dairy. (I'm ranting about most vegan cookbooks with this statement).

I gave this two stars because it could probably be helpful to someone who is just starting out on a vegan journey and learning how to cook with ingredients that are sometimes a bit foreign, especially in American diets. I also really loved that there were nice pictures for every recipe. That's a big plus when looking at cookbooks.

In conclusion, this book was just not for me.

Rebekah says

I have made quite a few of these recipes and I have not been disappointed! The only thing that didn't turn out wonderful was my lentil loaf and I believe it was because I did not cook my lentils long enough and did not have enough flour to my loaf but other than that, I'm very very happy with this purchase!

Tisha says

What a fantastic and informative read. First I must clarify: I love reading cookbooks...every...last...word.

This book not only offers 125 vegan recipes but some useful information. I am in the process of becoming a vegan so I was appreciative of this information.

And yes there are pictures! I hate cookbooks that don't have pictures of the prepared food.

Cherie says

While some of the recipes are interesting, I didn't like the approach of, "You'll be fine without mac &

cheese, just have cashew cheese." While not bad, I don't think cashew cheese is a fab sub for regular cheese. This attitude annoyed me, and the organization was a wee bit weird. Still, a good book for the budding vegan.

Don says

This book was on my radar, but not strongly so because it seemed like it was aimed to new vegans (I've been vegan cooking for over 20 years now..where does the time fly?) and junk/comfort food. When my friend, experienced cook and blogger Janet (saveur) at Taste Space, <http://tastespace.wordpress.com/> gave it such a glowing review. I decided to check it out further.

What I found was a delightful book full of good looking recipes, great photos and good humor that attempts to break through all the excuses people use for not cooking vegan. It's arranged by these excuses, for example there's a chapter on pizza, potlucks, what to serve friends, etc. I'll definitely be trying these recipes and what I've tried so far has been very delicious!

Quince Winstyn says

Good cookbook. Mushroom Fettuccine Alfredo, sort of bland tasting. If you are trying to overcome a tofu aversion, this is not the way to go.

Sara says

Great idea to organize the chapters by the most common excuses! Nice photos. I made several delicious things from this book:

Tofu sour cream

Chickpea "fries"

Three pea and pistacio pesto orzo salad (I used something other than orzo, I think it was just brown rice)

Lentil, chard, and sweet potato curry (this was really good)

Broccoli cheddar soup

Carrot cashew pate]

Creamy curried tempeh salad with dried cherries and almonds (I used raisins; DELICIOUS)

Spiced carrot cake cupcakes (without frosting)

Terri says

This cook book is absolutely wonderful! I have cooked several recipes from here already and they are a huge hit with me and my family . I am vegan and have to eat gluten free so it is a challenge. The author labels each recipe with tags like sugar free , gluten free, I still can make many things that are not labeled gluten free with gluten free ingredients . Very clear concise directions and easy to follow. If you are looking to go vegan

or want to go vegan a few times a week , whatever your reason get this fabulous cook book . It is a keeper for me !

Lara says

This one was getting hyped a lot awhile back, but when I looked at a few of the reviews it seemed like a lot of people were saying there's too much fake meat and cheese in it, and since I mostly tend to avoid those things (not having been big on meat even before I decided to quit eating it), I figured it wasn't for me. But then, I dunno, the cover is pretty and there's a quote from Isa Chandra Moskowitz on it, so I ended up getting talked into it despite that (it also helps that a perk of my library job is free inter-library loans when our system doesn't have something I want to read--booyah!).

Aaaaaanyway, I opened it up and literally the first recipe is for tempeh bacon. Nope! And then a fake sausage recipe. And then how to make homemade seitan, which I do not like at all. So I was like, "uhhhhh, why did I get this again?" When I saw the next section was all fake cheese I groaned. Only then it turns out it's not all nutritional yeast flakes (beh) and there are recipes for things like tofu chevre and feta (which are two of the cheeses I love the very most), so I started thinking maybe I'd want to try one of those and see if it works.

And then stuff just started looking better and better. The protein section has things like spinach edamame hummus and falafel tacos, the tofu section has a savory corn cheesecake with cilantro-pepita dressing that looks amaaaaazing, and then I hit the salad section. A note here: I generally just skim the salad sections in cookbooks because I mostly feel like there's no need for a recipe for salad--just fill a bowl with lettuce and throw a bunch of other stuff in there, right? But omg. The salads! BBQ cauliflower salad? Three pea and orzo pistachio pesto salad? Beluga lentil and couscous salad with orange-champagne vinaigrette? Warm lemony olive potato salad? SOLD!

And then there's a section called, "Fake 'Foods' Freak Me out" that includes corn fritters with chile-lime sauce (ha, you got me there, Kristy Turner!). And one called, "It's All Rabbit Food" that contains jackfruit nachos supreme, onion rings, and chocolate stout chili fries. And then, once again, oh dear god the soup! The only one that does not look good to me is the broccoli-cheddar, because then we're back to the nutritional yeast flakes, and also making broccoli-cheese soup the lazy way for years after college (a block of Velveeta + a bag of frozen broccoli and voila!) has ruined me for putting actual effort into it.

It goes on. The point is, yes, there are a lot of recipes that rely heavily on fake meat and cheese in this book. Most of those don't really appeal to me, though some certainly do, surprisingly enough. But there are also enough recipes that *don't* fall into that category to make me want to buy a copy of this book and get cooking! And I actually really like the way Kristy Turner's set this book up, with each section devoted to a typical argument people give for why they could never be vegan ("I Would Miss Pizza" or "Vegan Cooking is Too Hard" or "What About Brunch?") and a number of recipes to prove that things are otherwise. Great photographs too!

Also, this is probably the longest review I've ever written for a cookbook. I think just because it so pleasantly surprised me. I'm going to stop here though and move onto the next one--ha!

Ashley Chew says

1st let me say that I collect vegan cookbooks. I currently have 65 & that's only because I recently got rid of about 40. So I have a lot to compare cookbooks too! That being said this book is in my top 5!

Everything in this book looks Amazing!!

I thought this book, because it is geared towards veg-curious, would, like most books in a similar market, would be full of vegan meat substitutes, Daiya cheese, & other vegan convenience foods. But I was wrong!! This is actually a pretty healthy cookbook. Everything looks decadent but it's mostly whole foods based!! A few recipes call for vegan butter or vegan cream cheese but those are few & far between!! This may be one of my favorite vegan cookbooks this year.

Aleece says

This might be a great start to working towards becoming vegan or working vegan meals into your everyday meals. This is a great starting point for people that don't know where to start (like me). My weakness is cheese so having an entire section on cheese substitutes with many different types of "cheese." Some of the ingredients seem to be more expensive but when you already have some of them on hand it will save time in the long run. There are tons of wonderful recipes that I am looking forward to trying. There are some simple recipes as well as more complicated recipes that hopefully down the line I will be able to try. Overall this was a great cookbook that I am looking forward to slowly implement vegan recipes into my cooking/meals.

I received this advanced copy from The Experiment through Netgalley in exchange for my honest review.

Dena says

I didn't love this vegan cookbook as much as Thug Kitchen - the recipes don't seem as accessible or sound as tasty. Plus, I feel like she's super-focused on convincing me to become vegan, whereas Thug Kitchen just glazes over the fact that it's a vegan cookbook (so I barely even noticed). I'm most excited to try some of the desserts, which is weird since that is usually the section of cookbooks that I have the least interest. I don't care for creating foods that imitate something (like cheese or bacon), so that was a turn-off for me because I just like to cook foods that are already vegan and make them shine. She definitely did not convince me to become vegan. I will update if/when I try some of these recipes.

Chrissy says

I adore vegan cookbooks, and I can't deny that this particular cookbook has most of the amazing qualities that are typically present in my favorite selections.

For one, this book is jam packed with amazingly gorgeous, colorful photographs of meals that look so *spectacular* that I feel as if I can almost SMELL the food, just by looking at the pictures!

I think this is where "BUT I CAN NEVER GO VEGAN" *especially* shines -- in creating familiar recipes with a healthy vegan twist that still maintain the colors, flavors, and textures that veg-curious/veg-hesitant

people may feel they would lose by adapting a plant based diet. Beyond this, the author does a fabulous job of keeping a humorous, upbeat style through the book, while maintaining an excellent organization around common myths/fears that may prevent some people from adapting a vegan lifestyle.

I love that the majority of the recipes are heavy on the whole foods, which definitely makes the foods more healthy and sustainable than many vegan recipe books seem to feature.

My only one teeny issue is that a lot of the recipes do seem pretty complex and overwhelming for someone like myself, who is incredibly klutzy and impatient in the kitchen! (Plus, now I really want to try some jackfruit -- and I'm pretty sure it's not available in this entire little town where I live!)

I did receive an e-book copy of **BUT I COULD NEVER GO VEGAN** for review purposes. But, the sheer gorgeousness of book means that I will definitely be purchasing the paperback for my own collection -- and I recommend the same for anyone who loves good food (vegan or not!)

Eric says

This was a curiosity read. Vegans still fail. I believe that vegetables and fruits and such can be made tasty, but I am insulted by the unattainable - and extremely expensive - ingredients required to recreate something that's already majestic. Broccoli cheddar soup? Why make it without the cheese? Why have cheese in the title if cheese isn't in the recipe is a better question? Maybe I'm narrow-minded, but vegans are either very wealthy to afford the unique ingredients to make fake food or they are all just starving and not saying anything. Give me the *Joy of Cooking*, James Beard's *American Cookery*, or Julia Child's *Mastering the Art of French Cooking* anyday.

Leah says

If you're a waffling vegan newbie, on-the-fence vegetarian, or veg-curious omnivore, this book will banish your doubts.

But I Could Never Go Vegan! countered the many reasons people give for not going vegan. I picked it up because I'm always looking for 1) new veggie-focused meals to try and 2) ideas to help me reduce the amount of dairy in my meals. The author being a former cheese-lover herself, I thought I could trust her recipes to actually satisfy my dairy cravings. Frankly, sometimes I'll read recipes online, try 'em out, spit 'em out, then think, "Does this person even know or remember what [insert dairy-beef-poultry here] actually tastes like?!!" Kristy Turner so very obviously remembers. Her recipe for tempeh "bacon" was the first time in all my seven years of never eating pork, but still missing crispy bacon, that came close to replicating both the flavor *and* texture of real bacon.

I loved how this cookbook was organized by the reason one might give for not going vegan: it's more expensive (which it is despite this author and other health gurus saying it's not; sadly, healthy food costs more than junk food nowadays, no matter where you shop); I couldn't give up cheese; no soup again!; it's all rabbit food; my friend's won't want to come over for dinner; and so many more. So all I had to do was think of a reason, look up its section, then thumb through the easy-to-follow instructions.

I like to see what my food is going to look like. So it will probably come as no surprise what I think Kristy did better than most of the healthy cookbooks I've read in the past couple years: She included a COLOR photo for EVERY recipe!

4 stars

(because I wanted more recipes per reason/chapter)
