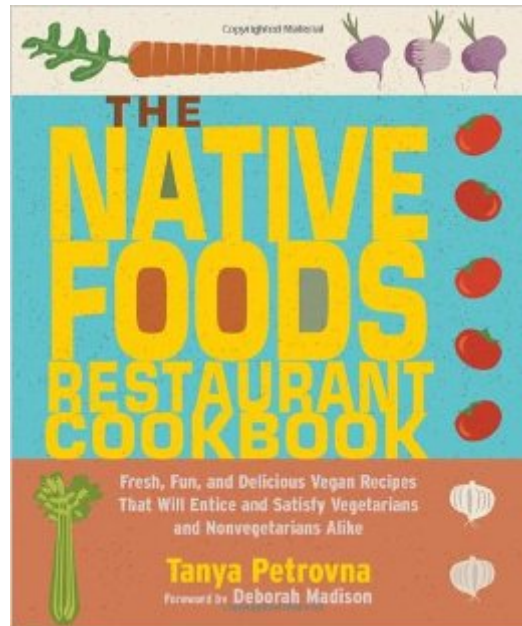


The book was found

# The Native Foods Restaurant Cookbook



## Synopsis

When people ask Tanya Petrovna, "Are you a strict vegetarian?" she replies, "No, I'm a fun vegetarian!" The visionary behind the Native Foods chain of restaurants, Tanya is known for creating cuisine that is nutritious, organic, compassionate, and delicious. And with signature dishes like her dairy-free cheesecake made from cashew nuts, she proves that healthy, animal-friendly eating can be indulgent and fun. Now, with this book, Tanya's best recipes can be made at home, including: "Fun Mung Curry," "Seitan OlÃ© Mole," and "Rockin' Moroccan Skewers." Plus, there are plenty of outrageous desserts such as "Elephant Chocolate Cake with Cinnamon Peanut Butter Topping," "Sam's Vegan Cheesecake," and "Chocolate French Silk Lingerie Pie." The Native Foods Restaurant Cookbook also contains glossaries of ingredients, utensils, and cooking methods and instructions for making your own seitan from scratch.

## Book Information

Paperback: 256 pages

Publisher: Shambhala (November 4, 2003)

Language: English

ISBN-10: 1590300769

ISBN-13: 978-1590300763

Product Dimensions: 7.5 x 0.8 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (55 customer reviews)

Best Sellers Rank: #70,585 in Books (See Top 100 in Books) #29 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > California](#) #149 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#) #201 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#)

## Customer Reviews

I would love to give this book five stars. When I first bought it, I certainly would have. However, as I worked my way through the book and cooked with more of the recipes, I found myself with headaches as often as I had great food. Here's why: This book is not edited well, and it is not written with a beginning or even an intermediate cook in mind. That combination spells disaster. In roughly a third of the recipes in the book, vital details are missing, details that might seem minor to a casual reader or obvious to advanced cooks but mean the difference between beautiful food and a disgusting, and in some cases expensive, catastrophe. Here's a good example. Many of the book's

recipes call for a meat substitute called seitan, a sort of gluten loaf cooked in broth. A recipe for seitan is provided in the early chapters of the book. Interested in making at home what can be a very expensive item in the store, I set out to make seitan one day according to the recipe provided in Petrovna's book. So, I followed the directions to the letter, going through the entire process of making the dough and rinsing out the starch and kneading the resulting gluten ball, a process that takes place over the course of hours. Then, I prepared the broth that the gluten is cooked in - a very salty broth, I should add - and put the whole thing on the stove to cook, a process that also took hours. However, as I put the pot on the stove, I found myself rereading the directions over and over again, hoping that I'd find a clue as to whether or not to put the lid on the pot while the seitan cooked. There was none, except a picture of the seitan cooking, which featured a pot with no lid on it. So I decided to take a chance and leave the lid off.

[Download to continue reading...](#)

The Native Foods Restaurant Cookbook Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Italian Cookbook of Famous Pizza Restaurant Recipes: Over 31 of Their TOP SECRET Recipes for Sauces, Crusts, Appetizers and Desserts (Restaurant Recipes and Copycat Cookbooks) The Zuni Cafe Cookbook: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Restaurant Accounting with QuickBooks: How to set up and use QuickBooks to manage your restaurant finances Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec) The New Native American Cuisine: Five-Star Recipes from the Chefs of Arizona's Kai Restaurant The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) The Essential Wok Cookbook: A Simple Chinese Cookbook for Stir-Fry, Dim Sum, and Other Restaurant Favorites Traditional Recipe Cookbook Box Set (2 in 1): Over 85 Amish and Native American Delicious Passed Down

Recipes Across the Country (Farmhouse Foods) Bubby's Brunch Cookbook: Recipes and Menus from New York's Favorite Comfort Food Restaurant The Versailles Restaurant Cookbook L'Chow's German Cookbook - The Story and the Favorite Dishes of America's Most Famous German Restaurant The Ballymaloe Cookbook, revised and updated 50-year anniversary edition: Classic recipes from Myrtle Allen's award-winning restaurant at Ballymaloe House The Midwestern Native Garden: Native Alternatives to Nonnative Flowers and Plants, an Illustrated Guide Personal Persistence, Identity Development, and Suicide: A Study of Native and Non-Native North American Adolescents

[Dmca](#)