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Green Kitchen Travels: Healthy Vegetarian Food Inspired By Our Adventures



Synopsis

David, Luise and Elsa are a family who love to travel. Hungry to see and taste more of the world, they had embarked on an around-the-world trip by the time Elsa was just 7 months old. They slept on a friend's couch in Brooklyn, hunted for a vegetarian restaurant in Beijing, and were mesmerized by the street food in Vietnam. By the time David and Luise returned home, their daughter had learned to walk and their minds and bellies were full with food inspiration. Take inspiration from their travels and start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw beansprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. David and Luise have you spoilt for choice with desserts, featuring cheesecake, raw tiramisu and a sweet roti pancake. With easy to find ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from the authors' travels, *The Green Kitchen: Food From Our Travels* shares modern and inspiring vegetarian, vegan and gluten-free recipes.

Book Information

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Customer Reviews

This is a beautiful book that would be at home on a coffee table as much as in the kitchen! It is filled with not only beautiful pictures of the food they create, but also the authors travels. In a nutshell, these authors have done what many of us can only dream of - travelled all over the world and immersed themselves in the cultures and of course the foods, of the places which they have visited. As stated in the opening message to their daughter Elsa - in her first 4 years of life she visited 15 countries and 5 continents. They slept on couches, ate in the homes and streets of the locals and

learned from them, replicating the recipes through the pages of this book! It is an interesting read as much as it is a cookbook! It begins with a history of their travels and also includes travel tips, then they go on to tell us how though they use the influences from their travels to create these recipes they are also adapted to be healthier, greener, gluten free so you can enjoy the cultural traditions in a manner that is better for you. The book is then divided into the following sections: Breakfasts, Street Foods and Snacks, Soups, Dinners, Dips and Drops (aka drinks), Desserts and Condiments. One thing I was pleasantly surprised at, given the wide cultural reach of these recipes, was that most of the ingredients are everyday and easy to find! And where ingredients might be a little offbeat such as pomegranate molasses, there were suggested substitutes! Though I am not the best cook in the world these recipes were also surprisingly uncomplicated.

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