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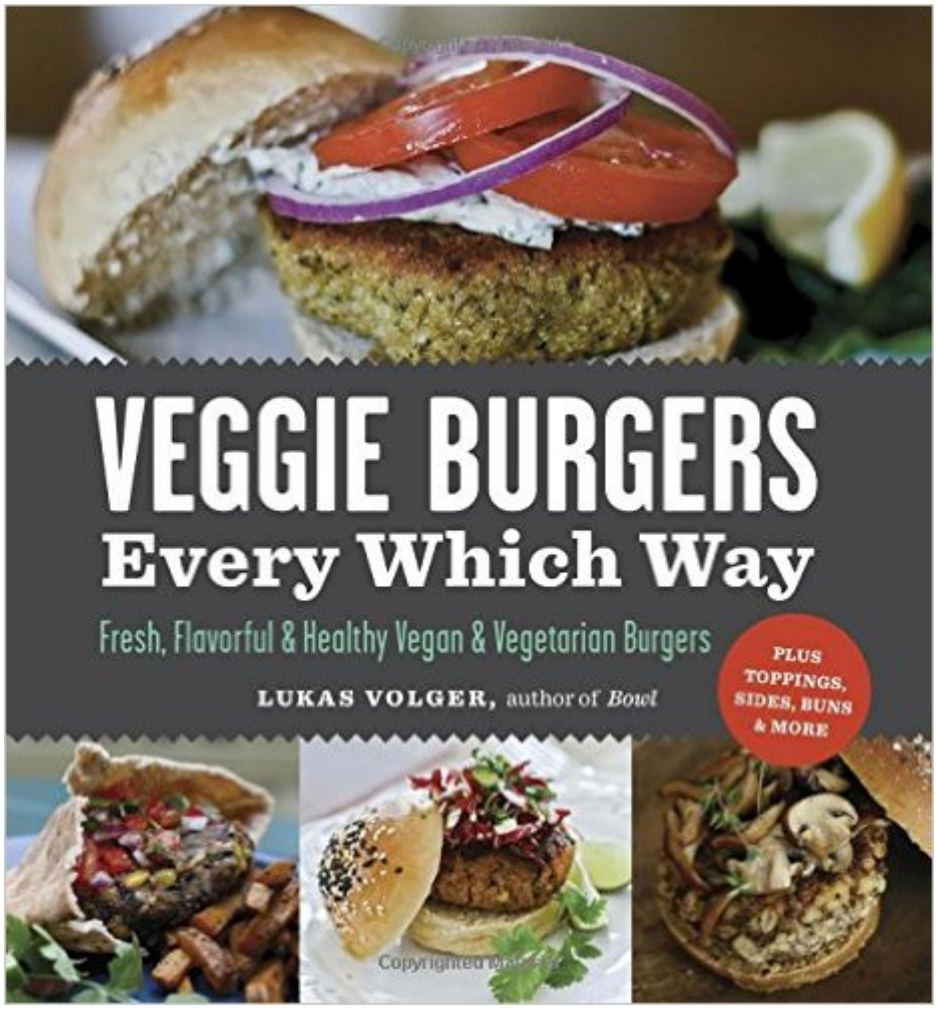
Veggie Burgers Every Which Way: Fresh, Flavorful And Healthy Vegan And Vegetarian Burgers-Plus Toppings, Sides, Buns And More



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Synopsis

Tasty, Exciting, Inexpensive–Veggie Burgers Every Which Way!Whether you already subsist on veggie burgers, enjoy them occasionally, or ardently wish there was an alternative to the rubbery, over-processed frozen burgers sold in cardboard boxes, Veggie Burgers Every Which Way is the book for you–one you will want to cook from over and over again.Author Lukas Volger, who has been making and eating veggie burgers since he was a teenager, has assembled more than thirty unique, delicious veggie burger recipes including:Red Lentil and Celery Root BurgersTofu and Chard BurgersBaked Falafel BurgersThai Carrot BurgersSweet Potato Burgers with Lentils and KaleCorn Burgers with Sun-Dried Tomatoes and Goat CheeseMore than half the burger recipes are vegan and/or gluten-free, as are many of the extras, which include buns, sides, toppings, and condiments. Everyday ingredient choices ensure that all the burgers and extras are a breeze to assemble. The wide variety of tastes and flavors will excite every palate and suit every craving and occasion. And dozens of mouthwatering photographs leave no doubt that great-tasting veggie burgers can look spectacular, too!

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Customer Reviews

Let’s face it - those frozen, boxed veggie burgers really aren’t very good. They’re filled with chemicals, taste bland and artificial, and have that lovely dry, cardboard texture. Fortunately, delicious and nutritious veggie burgers are easy to make at home, and Lukas Volger shows us how in his new book, Veggie Burgers Every Which Way.Volger’s book provides thirty unique veggie

burger recipes, and the variety of styles ensures that there is something for every palette. All of the recipes are clearly-written and easy to follow, and many include directions for how busy cooks can prepare portions of the recipe ahead of time. Best of all, many of the recipes take thirty minutes or less of prep and cook time! Also included is a section on freezing your veggie burger mix for later use and the proper storage method for making your leftovers last, especially convenient for hectic schedules and small families.Most of the recipes call for fresh ingredients readily available at any major supermarket. Those few ingredients that are less standard can be found in health food stores or asian markets, which most cities now have. The emphasis on fresh ingredients makes these burgers both more flavorful and more healthy than the alternatives provided in the (very few) other veggie burger cook books out there. More than half of the recipes are also vegan or gluten-free, and many others are easily modified for specialized diets.The introduction to Veggie Burgers Every Which Way outlines the typical ingredients found in veggie burgers and the most common basic cooking methods for each, making this book easily accessible to fledgling cooks. For those who are looking to further amp their veggie burger experience, the section on condiments and toppings provides an eclectic mix of sauces, relishes, and other burger essentials. Definitely don't skip the homemade french fry section; these tasty fry recipes are surprisingly easy and varied, a great change from frozen french fries. Adventurous cooks should try the burger bun section, which includes standard, whole wheat, pretzel, corn, and gluten-free recipes for homemade burger buns.The burger recipes are divided into three sections based on their primary ingredients: Bean, Grain, and Nut Burgers; Vegetable Burgers; and Tofu, Seitan, and TVP Burgers. The offerings range from basic burgers that anyone can love to adventurous flavors inspired by international cuisine. Don't be scared off by an unfamiliar ingredient or spice, though; Volger knows what he's doing, and every burger is perfectly balanced.I have personally tasted four of the recipes included in this book. At the American Library Association Conference, Volger prepared small samples of the Mushroom Burgers with Barley; I have made the Thai Carrot Burgers, Ginger-Soy Tempeh Burgers, and Pub Grub Veggie Burgers in my own kitchen. All four have been straightforward, delicious, and satisfying to both vegetarian and omnivorous guests. My best friend, the burger man and grill master, has a great time making and eating these despite his love of meat burgers - this book is truly for everyone!

Veggie Burgers Every Which Way is a fantastic book. It is well-written, which makes the recipes a breeze to prepare, the flavor combinations are dynamic and interesting, and most importantly everything I've made from this book tastes positively delicious. My favorite recipes so far are the

Pub-Grub Burger, The Tuscan White Bean Burger, the Tortilla-Crusted Stuffed Portobello Burgers, the Pretzel Rolls, the Black Olive and Roasted Potato Salad with Arugula, and the Quick Pickles.Veggie Burgers Every Which Way is beautifully composed. It is clear from the mouthwatering recipes, the playful design/layout, the thoughtful writing, and the elegant photography that this was a labor of love. I'm looking forward to whatever Mr. Volger has next up his sleeve.

I am an unabashed and unashamed meat-eater. I bought this book because a good friend and frequent guest is a vegetarian and I thought "wouldn't it be nice to offer him something beyond double portions of the sides at our summer dinners..."but this book really appeals to me! I've marked at least a dozen recipes (corn burgers with sun dried tomatoes and goat cheese...how could that be anything but SPECTACULAR?) and some sides as well (frizzled shallots has to happen TODAY)Best of all- the ingredients are grocery store available -- no special trips to strange smelling health food stores. This book would make the perfect house gift for summer weekends...

I really enjoy this book. I've had it for four months now, and have tried a number of recipes with every one of them turning out great. I like that there is a wide variety of recipes provided, but that variety is balanced so that it doesn't become overwhelming or redundant (like when cookbooks have 2 or 4 recipes for whole wheat buns or falafel and you're left wondering what the difference is or which one is better). I appreciate that Volger provides suggestions for appropriate buns, condiments, and sides to go with many of the burgers, and that there is an appealing, glossy photo of each recipe. I also think it's great that he tried to provide options for Vegans and people who want or need gluten-free recipes. Still, this is neither a vegan or gluten-free cookbook - only 15 of the 32 burger recipes are vegan, and only 10 of the 32 burgers are gluten free.My only real complaints with Veggie Burgers Every Which Way is that a number of the recipes are a bit "fussy" in the preparation - that is requiring lots of steps. For example, many recipes require 1/2 or 1 cup of multiple ingredients be cooked separately before they're all mixed together in a bowl or food processor. I hate doing dishes, so occasionally I wish the recipes were a little more streamlined. You can't argue with the results, though, and it could be a good way to use leftovers if you plan ahead. Also, many of the burgers require pan-frying and then finishing the cooking in the oven, an extra step which can be annoying on a busy day when you just want to get supper on the table. That said, the recipes all have reasonably accurate prep and cooking times listed, so you know ahead of time if you're getting into a time consuming recipe (suggested times range from 20 minutes to 2 hours). Volger is a skillful

cook, and he doesn't get you to do anything without a good reason. His techniques for making oven fries were a revelation, and I'm glad I got the book for that reason alone.One last point of advice - I find the yields on the recipes to tend toward the large. Since there are only two of us in my household, I tend to halve the recipes, but even then it seems we get more burgers than the recipes call for (for example, when it will say the recipe makes 6 4-inch burgers, we'll halve it and end up with 4 burgers). It could be that Volger tends to make much larger burgers than I do, but I thought I should share my experience for those who get the book.

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