

The book was found

# 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

Hardcover: 256 pages

Publisher: Hardie Grant (September 23, 2014)

Language: English

ISBN-10: 1742707688

ISBN-13: 978-1742707686

Product Dimensions: 8.3 x 1.1 x 10.2 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #181,497 in Books (See Top 100 in Books) #106 in [Books > Cookbooks, Food & Wine > Regional & International > International](#) #335 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

## 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.

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

Green Kitchen Travels: Healthy Vegetarian Food Inspired by Our Adventures VIETNAMESE  
VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES  
FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ...  
RECIPES ASIAN VEGAN SERIES Book 1) Green Smoothies - Top 200 Green Smoothie Recipes:  
(Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet,  
Green Smoothie for Everyday, Healthy Juice) Vegetarian: High Protein Vegetarian Diet-Low Carb &  
Low Fat Recipes On A Budget( Crockpot, Slowcooker, Cast Iron) (Vegetarian, Vegetarian  
Cookbook, Vegetarian ... low carb, Vegetarian low fat) Vegetarian: Vegetarian Diet For Beginners:  
100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners,  
Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Vegetarian: 4-Week Vegetarian Nutrition  
Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy  
Low Carb Vegetarian Recipes for Diet and Lifestyle) Vegetarian: The Beginners Guide to a  
Vegetarian LifestyleÂ© with The Top 170+ Healthy Recipes (Includes 8 FULL Weeks FULL Month  
Meal Plan, Vegetarian Diet Weight Loss Cookbook) Vegetarian: 50 The Best Vegetarian Slow  
Cooker Recipes-Great, Healthy, Delicious Place To Start With Vegetarian Slow Cooker Vegetarian  
Quick & Easy - Under 15 Minutes: (100 Simple Natural Food Recipes) (Weight Maintenance & Low  
Fat Lifestyle) (Vegetarian Weight Loss) (Special ... & Vegetarian Recipes Collection Book 2) 10 Day  
Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight  
loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days!  
132+ Delicious Salads, Dressings And Dips: Healthy Salad Recipes For Weight Loss, Great For  
Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE Healthy Eating Cookbooks And  
Vegetarian Recipes) Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle

(Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1) Leo Tolstoy's Vegetarian Family Recipe Cookbook: Vegetarian Russian Cookbook: Traditional Authentic Soviet Cooking and European Cuisines (Healthy Lifestyles Book 1) The New Becoming Vegetarian: The Essential Guide To A Healthy Vegetarian Diet RECIPES:THAI FOOD: VEGE-THAI-RIAN: MOUTHWATERING THAI VEGETARIAN RECIPES (Vegan, Vegetarian Quick Easy Reference): Child Approved Simple Recipes, Fusion ... Special Diet Special Occasions) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Green Smoothies: The Weight Loss & Detox Secret: 50 Recipes for a Healthy Diet (Special Diet Cookbooks & Vegetarian Recipes Collection Book 3) DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) 100 Exotic Food Recipes (Puerto Rican Food Recipes,Picnic Food RecipesCaribbean Food Recipes,Food Processor Recipes,)

[Dmca](#)