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Vegan Seafood

Nancy Berkoff

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Vegan Seafood

Nancy Berkoff

Vegan Seafood Nancy Berkoff
This unique cookbook, with 32 mouth-watering recipes, tips for making vegan seafood dishes, and comprehensive nutrition information, is geared to vegetarians and others who would like alternatives to fish. Inside this 96-page book, you'll learn how to cook with vegan 'fish', make 'seafood' stocks and sauces, find vegan 'seafood' products, and use saffron. There is also a section about Omega-3 fatty acids for vegans. Chef Nancy Berkoff has created unique and great-tasting dishes such as Vegan 'Crab' Enchiladas, Ethiopian-Style 'Shrimp' and Sweet Potato Stew, 'Fish' Tacos, 'Crab' Rangoon, Eggplant Caviar, 'Tuna' Noodle Casserole, and Mango Salad with Avocado and 'Shrimp.'

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