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Bryant Terry, Afro-
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April 2014. Oakland
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Africans Vegan? | The

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In Afro-Vegan,
renowned chef and food
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Terry reworks and
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staples, ingredients, and
classic dishes of the
African Diaspora to
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wholly new, creative

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culinary combinations
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flavour, Afro-Vegan is a
fresh approach to some

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of the best flavours in the world: African, Caribbean and Southern. By blending each of these traditional cuisines together, famous chef Bryant Terry has created a scintillating eating style which is sure to please all palates.

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from Afro-Vegan: Farm-

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Food Remixed Afro-

Vegan by Bryant Terry

Categories: Soups;

Summer; Valentine's

Day / romantic;

Caribbean; Vegan;

Vegetarian Ingredients:

coconut oil; yellow

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onions; carrots; celery;
fresh ginger; paprika;
coconut milk; corn;
white pepper; cilantro;
corn stock

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Renowned chef and food justice activist Bryant Terry reworks and remixes the favorite staples, ingredients, and classic dishes of the African Diaspora to present more than 100 wholly new, creative culinary combinations that will amaze vegans, vegetarians, and omnivores alike.

Blending African,

Page 19/36

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Caribbean, and southern cuisines results in delicious recipes like Smashed Potatoes, Peas, and Corn with Chile-Garlic Oil, a recipe inspired by the Kenyan dish irio, and Cinnamon-Soaked ...

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Preheat the oven to 375 ° F. Line a large, rimmed baking sheet with parchment paper.

Put the plantains in a large bowl, drizzle with 2 teaspoons of the oil, and sprinkle with the salt. Toss gently until the plantains are evenly coated.

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Terry Ageless Vegan:

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offer innovative, plant-based global cuisine that is fresh, healthy, and forges a new direction in vegan cooking. Praise For Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed [A Cookbook]

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African, Caribbean, and southern food are all known and loved as vibrant and flavor-packed cuisines. In Afro-Vegan, renowned chef and food justice activist Bryant Terry reworks

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and remixes the favorite staples, ingredients, and classic dishes of the African Diaspora to present wholly new, creative culinary combinations that will amaze vegans, vegetarians, and omnivores alike.

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\$27.50. No Of Pages:

224. Year Published:

2014. Author Name:

Bryant Terry. A

narrative-style cookbook with recipes to reclaim community and healthy around the table serving the rich tradition of black cuisines. Hard cover.

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Ratings; \$6.99; \$6.99;

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