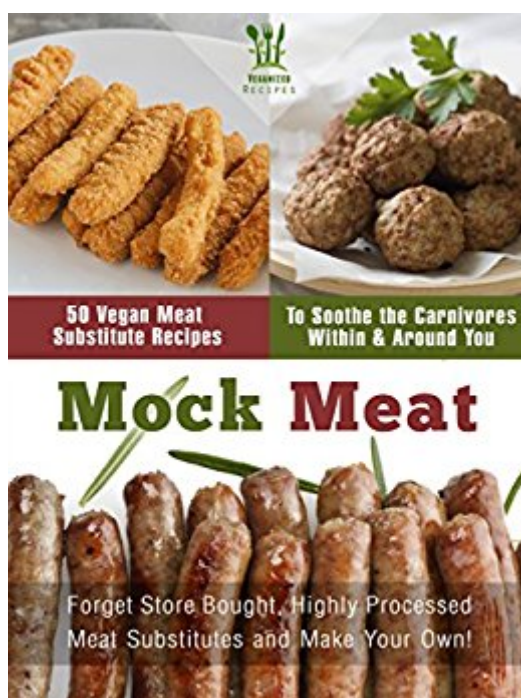


The book was found

Mock Meat: 50 Vegan Meat Substitute Recipes To Soothe The Carnivores Within & Around You - Mock Chicken, Mock Beef, Mock Pork, Mock Fish, And More! (Veganized Recipes Book 6)



Synopsis

Meat substitute (also known as meat analog, mock meat or vegan meat) can now be found in the freezer section of your local grocery store. It's great for those that are having a hard time transitioning to a plant-based diet, who might have days where they're craving for that good old meat flavor and texture. Or for the vegans who live with meat eaters and want to be able to cook for everyone without getting complaints like "Where's the meat?!" But not every grocery store sells it and most commercially available meat substitute can downright disappoint us taste-wise plus most of the time it's unhealthy and contains highly processed ingredients, which doesn't really belong in a vegan lifestyle. The good news is, you don't have to settle for what is out there; you can just make it yourself! We've made a recipe book of homemade vegan meat substitute recipes to satisfy the carnivores around and within you. Using different whole food plant-based ingredients we'll show you how to make every kind of meatless meat you can think of, from bacon to pepperoni, meatballs and even fish.

Tags: vegan diet, vegan recipes, vegan cookbook, raw vegan recipes, raw vegan cookbook, plant based cookbooks, plant based diet, plant based diet cookbooks, plant based diet recipes, plant based recipes, plant based recipe book, plant based eating, plant based cooking, whole food plant based diet, whole food plant based cookbook, vegan meat cookbook, vegetarian meat substitutes, substitute meat, vegan meat recipe book, mock meat recipes, faux meat recipes, faux meat cookbook, meat analog recipes, vegan meat recipes, vegetarian meat cookbook, plant based meat substitute recipes, mock meat cookbook, fakon recipe, veggeroni recipe, vegan meatball recipe, vegan sausage recipe, vegan ground beef recipe, tofurkey recipe, tempeh recipes, seitan recipes, tvp recipe, textured vegetable protein recipes, imitation meat recipes, Meat analogue recipes, Meat analogue cookbook, meat replacement recipes, vegan cooking for carnivores

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Customer Reviews

Great resource with wide variety recipes. Many vegan meat books feature vital wheat gluten as a binder exclusively but this one branches out. It uses a lot of different but mostly accessible ingredients. Intriguing ideas like watermelon steak and cooked carrot dogs. Also standard vegan sausages using beans, spices, and grains. Includes breaded tofu nuggets. There are a lot of ideas for only 50 recipes. You should be able to find a few that you would like to try.

Don't think I'll ever miss meat again with these, you can literally make any kind of meat. You even get 5 extra substitute recipes which are also handy. I didn't see any recipes containing eggs like the other reviewer stated. So far I've tried smokey bacon and mushroom minced beef and both were very good. Can't wait to try more.

As others have noted, there are a lot of problems with this book. Of the 4 recipes I've tried, 2 of them had missing/incomplete ingredients or instructions. Luckily (but also take note potential buyer), you can easily find the same (complete) recipes on-line for free -- with photos (which this book lacks). Also, I later received in the mail a flyer advertising their website. I visited the site, hoping to find more complete recipes than the book, but it's just a site selling vegetarian mock meats and supplies -- no recipes that I could find. Seems like this book may just be a way for them to drive customers to their site... The only reason I gave this 2 stars instead of 1 is that it did provide me with some ideas or starting points for recipes, but the recipes themselves are too flawed to be trusted. Save yourself the bother and money and just search for (for example) "vegetarian filet mignon recipe" online -- you will likely find the same recipes as in this book, but with complete

instructions/ingredients and photos.

Love the recipes! The recipes include many options - using tofu, veggies, non-soy sources, and others as the basic ingredients for the flavorful meat substitutes! Will be using the recipes for a long time, and for a lot of varied options!

Many great recipes, of course, give or take or trade out certain spices some of us do not use, like black pepper, or sugars of any kind, but the main ingredients and ideas are really appealing. The one bummer is there are NO PICTURES, on pictures are on the cover of the book, so use your imagination.

Just tried one recipe and thought they wanted too much vegan milk added but I did what they said anyway, and the meat came out like pudding. So hopefully the rest of the recipes I try will be better.

I liked some of the recipes and some seemed like a copout and didn't belong. Anyone can bread a piece of tofu and call it a mock meat. That's not a inventive idea. And there were way to many breaded tofu recipes. Just some of the recipes seemed to me way simple for me to have paid for.

Great recipe book. Had to have my kidney removed and doctor recommended going vegetarian. These recidpes are not just vegetarian--they are good!

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