

PRESS RELEASE



VEGAN HERITAGE PRESS
QUALITY VEGAN COOKBOOKS

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Spicy vegan cookbook will spice up your life

WOODSTOCK, VA—A new book by chef and author Robin Robertson fills a conspicuous gap in the growing roster of vegan cookbooks. ***Vegan Fire & Spice: 200 Sultry and Savory Global Recipes*** spices up the vegan menu in a way that makes bland meals a thing of the past.

"I've made ***Vegan Fire & Spice*** everything I'd want in a collection of spicy international dishes," the author commented. "Vegans can now easily make their own boldly seasoned Indian and Thai curries, African stews, and Middle Eastern kebabs and pilafs, and these recipes are now all in one place. I also provide recipes for Szechuan stir-fries, Moroccan tagines, Indonesian satays, Italian pastas, as well as favorites from the Americas and Caribbean."

The recipes range from mildly spicy to nearly incendiary, however Robertson added that while cooks can make the dishes as hot as they wish, the recipes can also be made without any heat at all. With international recipes such as Red-Hot White Bean Chili, Vindaloo Vegetables, Thai Coconut Soup, and Penne Arrabbiata, she insists that anyone can enjoy them without bursting into flames.

"I know that not everyone enjoys hot food," she explained, "so I've tailored the heat index for what I believe to be a North American scale. I show how beginners can discover and even push their own heat threshold. At the same time, chile-heads can add as many chiles as they like."

A culinary passport to the spicy cuisines of the world, ***Vegan Fire & Spice*** is organized by geographic region, each with a recipe mini-index organized according to appetizers, sides, main dishes, soups, salads, sauces and condiments. The head notes provide helpful facts and tips on how to get the most out of the recipes and the ingredients lists offer alternatives for items that may be locally unavailable, though most should be readily available in supermarkets.

Published in January, 2008, the book is the first title from Vegan Heritage Press, a publishing company founded in Woodstock, Virginia, by her husband Jon Robertson. The book promises to make "hot stuff" the by-word in healthy kitchens everywhere. With over 25 years of experience working with food, Robertson was a chef for seven years, working in both restaurants and catering. She is a columnist and feature writer for *VegNews Magazine*, www.vegcooking.com, and has written for *Vegetarian Times*, *Cooking Light*, and other publications. She is also the author of seventeen cookbooks, including the best-selling *Vegan Planet*, *Fresh from the Vegetarian Slow-Cooker*, and the *Vegetarian Meat & Potatoes Cookbook*.

According to publisher Jon Robertson, the company plans to continue to publish quality vegan cookbooks by authors who know vegan cooking and how to make it irresistible for vegans and non-vegans alike.

"We want to promote healthy lifestyles, compassion toward life, and especially the joys of eating great plant-based food," he explained. "Robin's technical know-how, training, and years of experience have made her a respected cooking authority for vegans, vegetarians, and those who want to be."

By the look of ***Vegan Fire & Spice***, the world of vegan cooking just got a whole lot spicier. For sample recipes, information about ordering, discounts, and autographed copies, or to or find out more about Robertson's other books, visit her website at www.robinrobertson.com.

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SAMPLE RECIPE

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Senegalese Soup

This delicious West African soup is moderately spiced with curry and cayenne but balanced by the sweetness of apple and the creaminess of vegan yogurt. Add less cayenne if you want a milder soup. Additional garnishes might include chopped apple, raisins, or peanuts.

1 tablespoon cold-pressed canola oil
1 yellow onion, chopped
2 celery ribs, chopped
2 teaspoons curry powder
2 Granny Smith apples, peeled, cored, and chopped
2 cups Vegetable Broth
1 cup apple juice
1/2 cup vegan yogurt
1/2 teaspoon cayenne
1/2 teaspoon salt
2 tablespoons minced parsley

Heat the oil in a large saucepan over medium heat. Add the onion and celery, cover, and cook until softened, stirring occasionally, about 5 minutes. Stir in the curry powder and apple and cook 2 minutes. Add the broth and apple juice and simmer for 10 minutes. Remove from the heat to cool slightly. Transfer the mixture into a blender or food processor. Add the vegan yogurt, cayenne, and salt, and process until smooth. Pour the soup into a large bowl and refrigerate for 2 hours or until cold. Serve chilled, garnished with the minced parsley.

Serves 4

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Praise for *Vegan Fire & Spice*

*Hands down, the most flavorful vegan cookbook in print. **Vegan Fire & Spice** brings together authentic, wonderfully spiced dishes from every continent. If you're tired of making vegan recipes that don't bring the thunder, you need this cookbook in your kitchen.*

– Erik Marcus, Publisher of Vegan.com and author of *Meat Market: Animals, Ethics, & Money*

***Vegan Fire & Spice** has the makings of another Robin Robertson classic. Her talent for adapting international cuisines for the everyday cook, and giving them her unique stamp, shines through in every recipe in this collection. Whether you want to infuse your repertoire with bolder flavors or enjoy healthy food that's truly incendiary, let Robin be your guide through this multi-continental journey.*

– Nava Atlas, author of *Vegan Express* and *The Vegetarian Family Cookbook*

*Whether you like your food mildly seasoned or boldly spiced, **Vegan Fire & Spice** is the go-to book for great-tasting and healthful global vegan recipes.*

– Neal Barnard, M.D., of Physicians Committee for Responsible Medicine; author of *Food for Life*.

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Vegan Fire & Spice is like a trip around the world without leaving home. This culinary travel guide belongs in every kitchen and you don't have to stand in line to clear security.

– Howard F. Lyman, author of *No More Bull!*

This book is filled with quick, easy, and delicious ways to make a good meal great — and also keep it healthy. And for all the Asian food I love to prepare, Robin shares a vegan fish sauce, for which the fish and I are equally thankful!

– Tanya Petrovna, author of *The Native Foods Restaurant Cookbook*

Give your tongue 200 taste treats. Delicious fare for those who like it hot... and healthy!

– Ingrid Newkirk, President of PETA and author of *The Compassionate Cook*

With ***Vegan Fire & Spice*** Robin Robertson presents a tour of hot and savory cooking from around the world. Robin has done the investigative work to find delicious fiery dishes from Szechuan, Thailand, India, and others, and showcases many naturally vegan dishes. She translates non-vegan dishes using vegan ingredients, yet still honoring their original flavors.

– Ken Bergeron, Vegan Certified Executive Chef; author of *Professional Vegetarian Cooking*