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MEXICAN MADE VEGAN

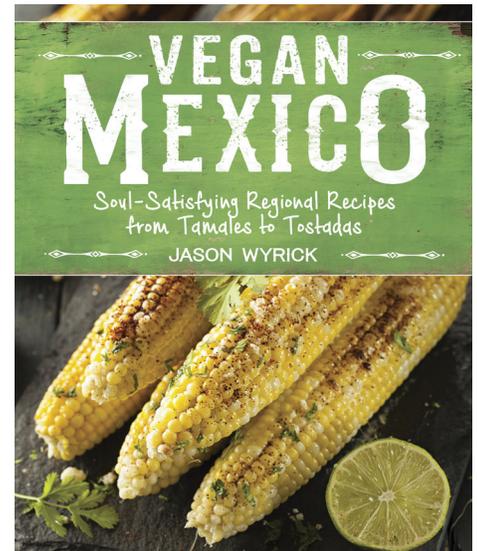
Join best-selling author and chef Jason Wyrick as he explores the magic of Mexican regional cooking in *Vegan Mexico* (Vegan Heritage Press, \$22.95, November 2016).

A leading authority in vegan Mexican cuisine, Jason shares the core concepts for making authentic, veg-friendly dishes and ties the recipes to their place in the story of Mexico.

His delicious recipes capture the essence of the moles of Oaxaca, the smoky chile flavors of Zacatecas, the fruit-centric Southern regions, and the street food of Mexico City. Recipes include:

- Classic Sweet Corn Tamales
- Old-Style Street Enchiladas
- Sonoran Machaca Burritos
- Oaxacan Black Beans
- Tres Leches Cake

Readers will come away with a new understanding and admiration for the diversity of Mexico, inspired to make delectable main dishes, soups, spreads, sandwiches, breads, desserts, and more.



Jason Wyrick is an author, executive chef, cooking teacher, caterer, and founder of the nation's first vegan food magazine, *The Vegan Culinary Experience*. The author of *Vegan Tacos*, he co-authored the *New York Times* best-selling book *21-Day Weight Loss Kickstart* with Neal Barnard, MD, and has taught alongside many medical and dietary professionals. Jason was the first vegan culinary instructor in the Le Cordon Bleu program. He has catered for major corporations, including Google, and taught vegan cooking classes worldwide. His work has been featured in the *New York Times*, *Vegetarian Times*, and on both local and national television.

Vegan Mexico by Jason Wyrick

Vegan Heritage Press, LLC • Price: \$22.95 (\$32.00 Canada)

ISBN: 978-1-9412-5221-5 • Paperback, 292 pages, 7½ x 9 • Publicity begins November 1, 2016
Available wherever print and ebooks are sold.

Pumpkin Seed Dip

Sikil pak is a centuries-old Mayan pumpkin seed dip recipe popular in the Yucatan, but in modern restaurants, it's the rising star, replacing artisan guacamole as the haute cuisine Mexican dip.

4 LARGE TOMATILLOS, HUSKED

1/4 MEDIUM WHITE ONION, CUT INTO 1/4-INCH THICK RINGS

3 CLOVES GARLIC, UNPEELED

1 CUP RAW UNSALTED PEPITAS

1 TEASPOON SALT

1/4 CUP LOOSELY PACKED CILANTRO

TO SERVE: TORTILLAS, TORTILLA CHIPS, OR SLICED SUMMER SQUASH

Heat an iron skillet or other heavy-bottomed skillet over medium heat. Place the tomatillos, onion, and garlic on the skillet.

As the tomatillos and onion rings blister and the garlic paper becomes dark brown, flip the ingredients and continue to cook.

The garlic and onion will be ready after 7 to 8 minutes and the tomatillos should take about 12 to 15 minutes.

Place all ingredients in a blender and puree until completely smooth.

Transfer to a bowl and serve with tortillas, tortilla chips or sliced squash.

MAKES 1 3/4 CUPS

Flip the page for
another tasty
recipe



From *Vegan Mexico* by Jason Wyrick

Tostadas with Hearts of Palm Ceviche

A Baja favorite, these light and crispy tostadas are zesty, spicy, and fun to eat. Feel free to use store-bought tostadas, but for the freshest flavor, you'll want to make your own. The optional tofu make these heartier. The diced baked tofu combined with the hearts of palm provide a seafood-like quality.

8 (3-INCH) HEARTS OF PALM PIECES
3 ROMA TOMATOES, SEEDED AND CUT INTO 1/4-INCH DICE
2 SERRANO CHILES, SEEDED AND MINCED
1/2 SMALL RED ONION, MINCED
2 AVOCADOS, PEELED, PITTED AND CHOPPED
1/2 CUP CHOPPED CILANTRO
1/2 TEASPOON DRIED MEXICAN OREGANO
1/2 TEASPOON COARSE SEA SALT
1/2 CUP FRESH LIME JUICE
3 TABLESPOONS OLIVE OIL
OPTIONAL: 8 OUNCES SAVORY BAKED TOFU, CUT INTO 1/4-INCH DICE
CORN OIL
8 (5-INCH) THIN CORN TORTILLAS
OPTIONAL: CRUSHED CHIPOTLE CHILE

Smash the hearts of palm a few times. In a bowl, combine the hearts of palm, tomatoes, chiles, onion, avocado, cilantro, oregano, salt, lime juice, olive oil and tofu. Set aside to marinate for at least one hour. Cover and refrigerate if marinating for longer than an hour. It will keep in the refrigerator for one day.

When ready to serve, add about 1/2 inch of corn oil to a skillet and heat to 375° F, until it's hot, but not smoking. Add a tortilla and fry on both sides for 1 minute, then set aside on a paper towel to cool and drain. Repeat with remaining tortillas. Top each fried tortilla with 1/4 cup of the reserved mixture. Garnish with crushed chipotle (optional).

MAKES 8 SERVINGS



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