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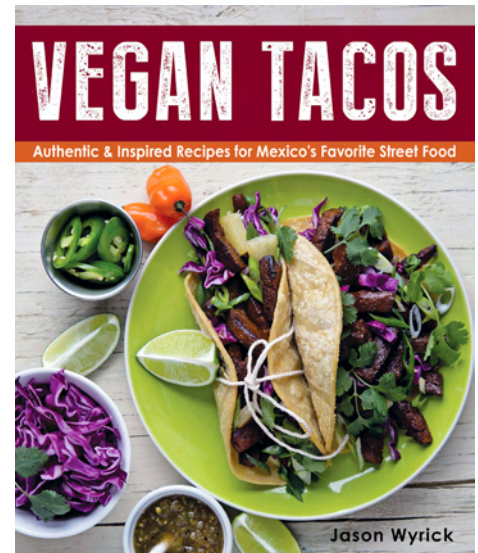
TACOS! TACOS! TACOS!

A classic and delicious staple of Mexican street food gets a much needed, veg-friendly makeover in ***Vegan Tacos*** (Vegan Heritage Press, LLC, \$21.95, September 2014) by Chef Jason Wyrick.

From salsas and guacamole to handmade tortillas, ***Vegan Tacos*** takes readers on a tour of the diverse regional cuisines of Mexico with recipes such as:

- Tacos al Pastor
- Mole Tacos with Seared Zucchini, Wilted Chard, and Pepitas
- Baja Tacos with Lobster Mushrooms
- Tacos Arabes
- Cinnamon Tortilla Tacos with Spicy Cajeta Apples, Pecans, and Agave Crema

In ***Vegan Tacos***, Chef Wyrick shares his passion for tacos with sections on essential ingredients, history, and shortcuts for the busy cook. There is also a chapter featuring beverage recipes and a section on how to plan your own taquiza (taco party).



Chef Jason Wyrick is the executive chef of *The Vegan Taste*, a cooking instructor, caterer, a former diabetic, and founder of the world's first vegan food magazine, *The Vegan Culinary Experience*. He has co-authored the *New York Times* bestselling 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 world-famous Le Cordon Bleu program through Scottsdale Culinary Institute, and has catered for many corporations. Jason has taught hundreds of vegan cooking classes around the world, and his work has been featured in the *New York Times*, *Vegetarian News*, and on both local and national television. His website is thevegantaste.com.

Vegan Tacos by Jason Wyrick

Vegan Heritage Press, LLC • Price: \$21.95 (\$25.95 Canada)

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Available wherever print and ebooks are sold.

HOMINY AND SEITAN TACOS IN ROASTED GARLIC CASCABEL SAUCE

*Tacos de Pozole y Seitan en Salsa de
Chile Cascabel y Ajo Asado*

I love using cascabel chiles in this taco for their pure red chile flavor. They are a nice looking chile, so I always put a few on the plate for presentation. The contrasting flavor of the hominy (aka pozole), with the chewier seitan, all work together to make a very rustic-flavored taco. This is one of my favorite taco creations. Make them low-fat by simmering the seitan and hominy in the sauce instead of sautéing in oil. If you don't want to use seitan, substitute potatoes, zucchini, chayote, mushrooms, or any vegetable that will provide a substantial texture. Just sauté the vegetables at a medium heat long enough to brown them before adding the sauce. You can even use pinto beans (but don't sauté them).

Region: Casa de Jason | Heat Level: 3 | Makes 8 tacos

The Filling (choose either seitan strips or portobellos)

10 cascabel chiles or 4 guajillo chiles
½ cup rehydrating liquid (after rehydrating the chiles)
10 cloves garlic, pan-roasted
½ teaspoon dried oregano
¾ teaspoon salt
1 tablespoon olive oil
2 cups seitan strips or 2 portobello mushrooms,
cut into ½-inch thick strips
1 cup cooked, rinsed hominy

The Tortillas

8 thick (5 to 6-inch) corn tortillas

The Toppings

Rough Salted Chile Powder
A sprinkle of chopped roasted and salted
peanuts per taco



1. Bring a small pot of water to a simmer, add the cascabels, and simmer until soft, about 10 minutes. Reserve ½ cup of the simmering liquid and remove the stems from the chiles. In a blender or food processor, puree the chiles, roasted garlic, reserved simmering liquid, oregano, and salt. Set aside.
2. Heat the oil in a sauté pan over medium heat. Add the seitan and sauté until lightly browned, about 5 minutes. Add the reserved sauce and hominy and simmer until the sauce thickens, about 5 minutes.
3. Warm the tortillas. Fill them with the seitan hominy mixture and finish them off with a rough salted chile powder to taste and a sprinkle of chopped roasted salted peanuts.

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SEE REVERSE FOR ANOTHER TASTY RECIPE.

VAMPIRE TACOS

Tacos Vampiros

I first saw these tacos at a taco truck parked in a dirt lot in Tucson, and instantly had to find out what they were. It turned out that this particular taco truck didn't have anything vegan, but I got to watch them make their tacos vampiros and see how the corn tortilla edges folded up on the grill. This is supposedly the origin of the name, because the edges look like bat wings. It's sort of a cross between a tostada and a taco. Traditionally, they are made with carne asada (thin-sliced beef), but I make mine with charred beans.

Region: Sonora/Southern Arizona | Heat Level: 5 | Makes 8 Tacos

The Filling (choose either the beans or seitan strips)

2 cups cooked, rinsed pinto beans or 2 cups seitan strips
1 tablespoon olive oil
½ teaspoon salt
½ cups shredded Queso Oaxaca or your favorite white melting vegan cheese
2 serrano chiles, sliced very thin

The Tortillas

8 (5 to 6-inch) corn tortillas

The Toppings

Minced white onion
Minced cilantro
Crushed Red Salsa
Basic guacamole



1. Light your grill. Toss the beans or seitan strips with the oil and salt and transfer to a well-oiled grill pan. Place the grill pan on the grill and slowly stir while they grill until blackened. This should only take a few minutes. Remove from the grill and set aside.

2. Place the tortillas on the grill. When the edges start to curl from the heat, sprinkle the queso on the tortillas, leaving a rim around the edge. When the tortillas are hard and crunchy, remove them from the grill. Top the tortillas with the beans or seitan strips, followed by the onion, cilantro, salsa, and guacamole.

Make in the Oven: Dress your beans or seitan the same way, but place them in a baking dish and leave them uncovered. Roast them at 400°F for 15 minutes, opening the oven to stir them every 5 minutes. While they are baking, place your tortillas in the oven on the lower rack. When they begin to curl, slide the lower rack out, dress them with the queso, and return them to the oven. Once the queso melts, remove them from the oven and set them aside. Dress them just as you would above.

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