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## A Vegan Guide to The Big Apple

**NYC Vegan** (Vegan Heritage Press, \$21.95, May 2017) is the FIRST plant-based cookbook to celebrate the famous foods of New York City.

Written by native New Yorkers as a tribute to the city they love, this book brings the iconic tastes of NYC to your kitchen with simple and delicious vegan recipes.

From the diners and delis of Brooklyn to the traditions of Little Italy and Chinatown, **NYC Vegan** takes readers on a flavorful tour of The Big Apple:

- Street foods and festivals: Soft pretzels, churros, falafel, and Italian ice.
- Old New York: Manhattan clam chowder, Waldorf salad, and New York-style pizza.
- Delis and diners: Reuben sandwich, bagels, pot pie, and Brooklyn egg creams.
- Bakeries: Knishes, cinnamon rolls, and Irish soda bread.
- Jewish specialties: Blintzes, brisket, mandelbroit, and "chicken" soup.
- Neighborhoods: Polish pierogies, Italian lasagna, and Puerto Rican mofongo.

This book also includes full-color photography by Jackie Sobon and a list of current New York City vegan restaurants.

Foreword by Alan Cumming, award-winning actor, author and activist.

## About the Authors

Michael Suchman and Ethan Ciment are the award-winning bloggers at **VeganMos.com**. Their recipes show that eliminating animal products does not mean giving up your favorite familiar foods. Michael is a certified Vegan Life Coach and educator through Main Street Vegan Academy, and a certified Food for Life instructor through the Physician's Committee for Responsible Medicine. Ethan is a podiatric surgeon in Manhattan who serves on the board of directors of Woodstock Farm Sanctuary.

### **NYC Vegan: Iconic Recipes for a Taste of the Big Apple**

by Michael Suchman, Ethan Ciment • Vegan Heritage Press, LLC

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Available wherever print and ebooks are sold.



# Manhattan Glam Chowder

Serves 8

Manhattan clam chowder is the red, tomato-based soup found on diner menus all over the city. We find that mushrooms bring the perfect texture and flavor to this vegan version of the iconic New York City soup.

2 tablespoons extra-virgin olive oil  
2 carrots, cut into 1/4 in. pieces  
2 celery ribs, cut into 1/4 in. pieces  
1 medium onion, cut into 1/4 in. pieces  
3 cloves garlic, minced  
1/4 cup tomato paste  
1 teaspoon dried oregano  
3 sprigs fresh thyme  
2 dried bay leaves  
1 tablespoon Old Bay seasoning

1 tablespoon dulse flakes or 1/2 sheet nori  
2 medium waxy potatoes, peeled & cut into 1-in. pieces  
8 cups vegetable broth  
1 (28-oz) can whole peeled tomatoes, undrained, coarsely chopped  
1 cup diced oyster or cremini mushrooms  
8 oz. white button mushrooms, sliced 1/8-in. thick  
1/2 cup dry sherry or white wine  
2 tablespoons sugar  
Salt and ground black pepper, to taste

1. Heat the oil in a large pot over medium heat. Add the carrots, celery, and onion. Cover and cook, stirring occasionally until soft, about 8 minutes. Add the garlic and cook for 1 minute. Stir in the tomato paste and cook, stirring for 1 minute.

2. Add the oregano, thyme, bay leaves, dulse, Old Bay Seasoning, and potatoes. Add the vegetable broth, stir well, and bring the soup to a boil. Reduce the heat to a simmer, cover and cook until the potatoes are tender, about 10 minutes.

3. Add the tomatoes and stir well. Add the oyster mushrooms, button mushrooms, sherry, and sugar. Bring the soup to a boil again. Cover, reduce the heat, and simmer 10 minutes. Remove and discard the bay leaves, thyme sprigs, and nori (if using). Taste and add salt and pepper as needed. Serve hot.



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tasty recipe

From *NYC Vegan* by Michael Suchman and Ethan Ciment

# New York Cheesecake

Serves 8 -10

Cheesecake is one of the most iconic New York City desserts. This vegan spin on the NY staple delivers all the famous flavor without the eggs and dairy.

1 1/2 cups graham cracker crumbs  
4 tablespoons nondairy butter, melted  
4 (8-ounce) containers nondairy cream cheese, softened  
3 tablespoons unbleached all-purpose flour  
2 teaspoons lemon juice  
1 1/2 cups sugar  
2 teaspoons vanilla extract  
Pinch salt  
1/2 nondairy sour cream  
2 tablespoons Ener-G Egg Replacer

1. Preheat oven to 350°F. Lightly spray the bottom and sides of a 9-inch springform pan with nonstick cooking spray and set aside.

2. Combine the graham cracker crumbs and butter in a large mixing bowl and mix well with a fork. Use your fingers to press the mixture into the prepared pan until it is a solid, packed 1/4-inch layer of crust lining the bottom and slightly up the sides of the pan. Bake crust for 10 minutes. Allow it to cool before filling.

3. Combine cream cheese, flour, lemon juice, sugar, vanilla, and salt in large mixing bowl. Mix with an electric mixer on medium speed until the sugar dissolves, about 3 min. Beat in sour cream and egg replacer on low speed until well blended.

4. Pour batter into crust and bake 15 min. Reduce heat to 250°F and bake for 40-60 min. until the center is set but still a little jiggly. Turn off heat and let the cheesecake rest for 30 minutes in the oven. Remove from the oven and let it cool in the pan on a wire rack for at least 30 minutes. When the cheesecake is cool, run a knife carefully around the side of the cheesecake, but do not remove or release the side of the pan. Put the cheesecake in the refrigerator, uncovered, for at least 4 hours (preferably overnight).



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