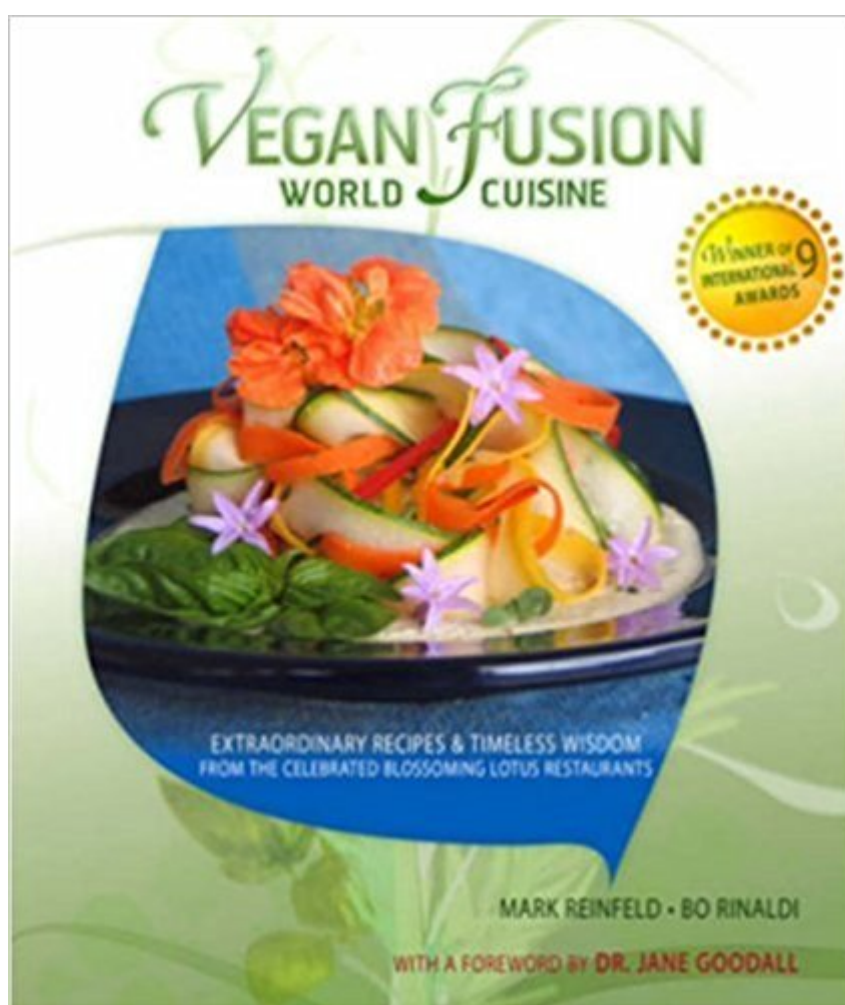


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# Vegan Fusion World Cuisine: Extraordinary Recipes & Timeless Wisdom From The Celebrated Blossoming Lotus Restaurants



## Synopsis

Vegan Fusion World Cuisine, a groundbreaking work that has won five national awards, is a celebration of international gourmet vegan cuisine that introduces us to the simplicity of a vibrant, healthy lifestyle. Much more than a cookbook, this artistic treasure contains stunning food photography, inspiring graphics, natural-food cooking charts and kitchen wisdom for all. A foreword by Dr. Jane Goodall highlights its aim to inspire peace and understanding amongst individuals, cultures and all who care about our planet. Vegan World Fusion Cuisine contains 200+ sumptuous recipes from the award-winning Blossoming Lotus Restaurants, uniting cooking traditions from around the world. It's an all-encompassing guide to health, beauty and an inspired lifestyle. Mark and Bo hope to awaken people to the healing potential within themselves. Beautifully presented recipes that are delicious, fun, easy to prepare, and healthy. Try some and see what happens. I'll bet your body will thank you for the rest of your life. -JOHN ROBBINS I heartily recommend VEGAN WORLD FUSION CUISINE for anyone seeking a healthier, more inspired life. -DEEPAK CHOPRA

## Book Information

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## Customer Reviews

"Beautifully presented recipes that are delicious, fun, easy to prepare, and healthy. Try some and see what happens. I'll bet your body will thank you for the rest of your life." -- JOHN ROBBINS  
"Here we have beautifully presented recipes that are delicious, fun, easy to prepare and healthy." -- John Robbins, Founder EarthSave International  
"I heartily recommend VEGAN FUSION WORLD CUISINE for anyone seeking a healthier, more inspired life." -- DEEPAK CHOPRA  
"The cookbook

from the Blossoming Lotus is the greatest. I felt healthier just reading it. And the kava brownies were a home run with me." -- PETER FALK "There is much here that will ...help you discover the sense of well-being...that results from a vegetarian diet." -- Dr Jane Goodall, DBE, Founder Jane Goodall Institute, UN Messenger of Peace-from the foreword

This life changing cookbook is from the Chefs of The Blossoming Lotus Restaurants - winner of 2006 'Ilima Award for 'Best Kaua'i Restaurant'. It's a celebration of over 200 international gourmet vegan and live food cuisine recipes. Winner of 9 International Awards including: Best Vegetarian Cookbook in the USA - Gourmand Award; Best Book by a Small Press - Martha Stewart Omnimedia Nautilus Award; Best New Cookbook - PETA Proggly Award; Cookbook of the Year - VegNews; Best Veg Cookbook - USA.Booknews.com; Best Cookbook - Foreword Magazine - Finalist; Best Health and Healing - Nautilus - Finalist; Best Alternative Health - Coalition of Visionary Artists - Finalist; Best Cookbook - National Indie Excellence 2007 Book Awards - Finalist.

Recently, I delved into becoming a vegetarian with mostly vegan foods. It has been interesting to approach my sustenance from a different perspective and to taste foods with newly freshened senses. Thus, it was my "California daughter" who extolled the virtues of "Vegan Fusion World Cuisine: Extraordinary Recipes & Timeless Wisdom from the Celebrated Blossoming Lotus Restaurants:" it was a "must-have" in my new culinary foray. It was with great delight that I browsed through the book's thoroughly beautiful, sensual pictures. It's astounding that a book with so many intensely colored photographs could be sold for such a low price! The book definitely is in the class of "table picture books." The book also has great insight (wisdom) about the balance of life as represented in the food at the table and the respect given to the being of food...from its planting and tending and harvesting, to its storage and preparation. It speaks to the heart of vegan philosophy of "enough" so there can be more. So, then, it also has a place as a book of philosophy. So, why the four stars instead of five? Briefly, I wanted a cookbook for mundane people like me: I fancy myself pretty good at producing different cuisines, but would appreciate some specific direction in creating "special" meals that are festive enough to stand beside holiday fare eaten when I was more of an omnivore. "Going" vegetarian was no big deal for me, really, because of my exposure to other cuisines that do not feature hunks of meat as "THE" event of the meal. As another reviewer mentioned, however, getting through these recipes is a pain -- you have to keep referring back to another recipe -- a rather involved recipe at that -- before you can make the one at hand. It's can become deflating of motivation and tiring in its preparation. So, for day-to-day practicality, the book

is 3 stars. However, this 3-star rating is really an expression of my own lack of adaptability to the thrust of the cuisine: to consciously prepare food in "tender" ways that take purposed time to produce. So, the book did fulfill its purpose: to enable "mundane" people like me to create meals with foods that approach an art-form due to the care and respect given in a recipe's execution. The review stands at 4 stars until I can devote more time to creating meal experiences with the book's recipes, and so give true testament to the veracity of the recipes' satiety of sense.

I love this book. Borrowed it several times from the library before going ahead and adding it to my collection. Not only is it beautiful inside, clearly made with the bhav, but it offers a wide range of recipes from the (honestly) way too complex for me to the simple and sound. Though I'm not vegan and not raw, I keep my dairy and cooked food intake in mind, and I love that this book does too. It's all vegan, and a good lot of it is raw, so if you're eating for the high prana there are lots of options here. Also a good resource for information on superfoods/nutrient content/general health food prep.

This is a stunningly photographed book, but the recipes are really a hit-or-miss. Things I like: Gorgeous photography. Without fail, this is the prettiest cookbook I have ever owned. Does that really factor into my rating? No because I'm all about the food with cookbooks, but I really want to give kudos for the photographers because they did a wonderful job. The format is organized in a way that mostly makes sense (see the things I don't like about the format below). I wish the Table of Contents listed all recipes under the headings, but I realize with the glossy paper that would have probably driven the cost up even more with the additional pages it would have had to cover. The Index is handy and easy to use listing things by ingredients and the recipe titles (not so handy because they use cutsey names for their recipes). My favorite thing about the format is that under each section (Soups, Salad & Sides, etc.) the recipes start with heavier dishes moving to lighter dishes and ending with live food recipes (which also run from heavier to lighter). When the recipes work, it is really delicious food. This book is not shy about using fresh herbs, which I love and am grateful to my garden for providing my a seemingly endless supply for when recipes don't turn out so well. Recipes run the gamut from super simple to more complex, but never too complex it's off-putting. This isn't a cookbook in which one is spending hours in the kitchen on one recipe. The condiment section in the back is fabulous! I love making my own vegan mayo (I am someone who hates the taste of Veganaise), sour creme, ketchup, etc. The Soaking & Sprouting chart, Sugar Conversion chart, and Grain and Legume cooking charts are beyond handy. It really is a valuable resource I use time and time again. And don't blink and miss the quick and easy 3 pages of recipes

that have simple recipes and wonderful ideas about adding to or reusing existing recipes in the book. The recipes tend to be healthy. Some taste like it, some don't, but there are a lot of really fresh tasting recipes. Things I don't like: The format. I know I had it in the things I liked category, which I went over there, but there are things about the format I don't like, which I'll go over here. I don't like that recipes are hidden in back under the Food Preparation. Things like basting sauce, mayo and sour creme should be in the Dressings & Sauces section. I should not have to look in a preparation section to get these things. In my opinion, it really cripples this book because their condiments and the quick and easy section in the back yield really consistent and good results for the most part. The recipes being hit-or-miss. Some of this has to do with the overuse of shoyu making some dishes so salty they are inedible. Before making a new recipe I read it through a few times and make adjustments already, but even with cutting shoyu and salt down at the beginning, things would still come out too salty. Some dishes just don't have a lot of taste at all. And some dishes I find to taste bad no matter how many times I try (like with trying restaurants, I always try recipes three times to rule out the errors are with me). Hard to find ingredients. Usually I add this as something to be aware of, but when the hard to find ingredients are produce, I'm bumping it up because I will not order produce online like I will with spices. The introduction and some of the resource guide have the vegan awareness spiel that is getting included in more and more vegan cookbooks. I think the foreword by Dr. Jane Goodall would have been a wonderful and sufficient introduction to the book, I don't think it needed 12 more pages for the introduction--people that tend to buy vegan cookbooks know why they are buying a vegan cookbook, they don't need the political essays. The cutsey recipe names get really annoying really quickly.

A beautiful book to look at and the recipes look delicious, lavish and easy to follow, although probably better for people who like to prepare elaborate dishes and entertain than for someone looking for quick-and-easy meals. Definitely will be putting it to use the next time I want to impress upon someone who delicious vegan food is.

This book has is really great for anyone who likes to experiment in the kitchen or who has ever been a member of a CSA or other such thing where you get an abundance of fruits or vegetables you aren't quite sure what to do with. This book puts nuts, oils and every kind of vegetable together and makes them all taste so pleasant as to satisfy even the most fussiest of foodies. Definitely a joy.

Some world class beautiful recipes. Such a gorgeous book. The pictures are great and the food

always tastes delicious! Now if only I could find someone to cook it for me all the time! Lol : )

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