



Vegan Kitchen: 130+ wholefood recipes for a plant-based diet

The Australian Women's Weekly



I have long filed *The Australian Women's Weekly*, the creators of this book, in the part of my brain not far from where I keep info about the Country Women's Association. Both are old and venerable Australian institutions – the CWA started in 1922, the AWW 11 years later – that are dedicated to improving the lives of women. But that's where the similarities end. I recently checked out a newish CWA cookbook. With recipes like Prune Delight, Baked Roly Poly and Brown Fricassee of Rabbit, it's clear that the CWA is, in gastronomic terms, stuck in the year 1947.

The AWW's cookbook division, on the other hand, has never been slow to pick up on emerging trends in food. They have been publishing vegetarian recipe books for decades, but I was surprised to recently spot this

sumptuously designed and photographed book dedicated to vegan food – which I thought might be still too progressive for even these trailblazers.

The first recipe I made was Beetroot Monster Munches, which are sweet little bombs of flavour and texture made from pulverised beetroot, almonds, goji berries, crunchy buckwheat and gloriously sweet and citrusy lucuma powder (which is not as difficult to find as it sounds). The overall influences are probably Asian – with recipes like Zucchini and Tofu Noodles with Coriander Pesto, and Sri Lankan Christmas Cakes. AWW cookbooks always proudly boast that they are triple tested, so you know that the recipes are going to work.

This is a must-have book for anyone – whether a vegan virgin or an old hand – who wants to try this exciting fare in the company of a trustworthy fount of food wisdom.

★★★★ Australian Women's Weekly \$49.99
Reviewed by Tim Graham

The Healthy Convert: Allergy-friendly sweet treats

Nicole Maree



The number of people afflicted by food allergies and intolerances is increasing. If your diet is restricted, then indulging in the occasional cake or sweet slice might be one of the few pleasures you can experience from food.

This book offers recipes for sweet treats that steer clear of white sugar, wheat flour, eggs, oil, milk and nuts. Not that every treat in the book eschews all those things in the one recipe, but if you need to stay away from one or more of these common ingredients, then this book will show you how you can get your sweet fix without having to worry about nasty consequences.

The book offers impressively comprehensive lists of alternatives to various common

ingredients. Eggs in cakes, for example, can be substituted with a tablespoon of ground linseed and 3 tablespoons of water for every egg, which will bind the other ingredients beautifully. She also lists about 10 ingredients you can use instead of dairy products.

The recipes include things like Mango, Turmeric and Ginger Pudding; Turkish Delight Cheesecake; Chai Carrot Cake; and Strawberry Blonde Bars. One small gripe: many of the ingredients are listed in weight only – instead of volume and weight. This means you have to drag out your scales to measure quantities instead of using cup or spoon measurements. That aside, the recipes use exciting ingredients, and the allergic or food-intolerant person in your life will find plenty of things here to delight them.

★★★★ Hardie Grant \$29.99
Reviewed by Tim Graham