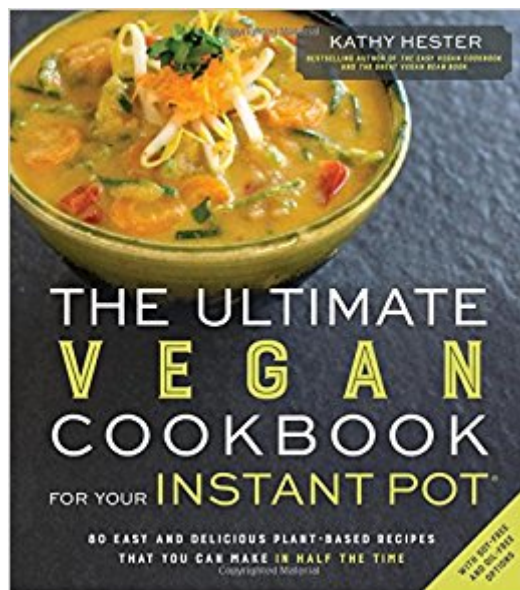




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The Ultimate Vegan Cookbook For Your Instant Pot: 80 Easy And Delicious Plant-Based Recipes That You Can Make In Half The Time



Synopsis

"...cooks of all tastes and skill levels will appreciate Hester's inventive and approachable collection." - Publishers Weekly
Quick and Easy Plant-Based Meals for Your Instant Pot® With this must-have vegan guide, bestselling author Kathy Hester shows you how easy it is to pressure cook, steam, sauté and slow cook with your Instant Pot®. Cook an entire meal at the same time with Kathy's layered entrees and sides, try a one-pot meal or prepare beans and lentils in half the time. With recipes like Herbed French Lentils with Beets and Pink Rice, Creamy Mushroom Curry with Brown Basmati Rice Pilaf, Southern- Style Pinto Beans, Whole-Grain Cornbread, Smoky Pecan Brussels Sprouts and Tres Leches-Inspired Dessert Tamales, maintaining a vegan lifestyle has never been easier or tastier. Kathy also shows you how to save time and money by making your own homemade condiments like No-Effort Soy Yogurt, Fresh Tomato Marinara Sauce and Not-Raw Almond Milk. Make delicious vegan meals the easy way with the press of a button.

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Customer Reviews

Kathy Hester is the creator of HealthySlowCooking.com and the bestselling author of The Easy Vegan Cookbook, OATrageous Oatmeals, The Great Vegan Bean Book and The Vegan Slow Cooker. She lives in Durham, North Carolina.

I'm a cookbook collector though hardly an excellent or skilled chef, I like to read cookbooks for fun, even more than I like to actually cook (if that makes any sense). So I made the Black Chickpea Curry (with normal chickpeas, though) and it was delicious - and easy as pie to follow. I also made

the cardamom pear oats, which was also easy. I'm an IP newbie, so I chose easy. The other recipes look delicious and extremely creative, and there are also staples/ingredients: broths, ricotta cheese, cauliflower sour cream, a bunch of sauces (mole sauce!) and "not-raw" Almond milk. It's as though Kathy isn't thinking of giving you a big list of Vegan dishes, but she's empowering you to create amazing Vegan meals. There is breakfast, dessert, one-pot dishes, as well as some fancy stuff like Jackfruit Tinga, Seitan sausage, pumpkin tamales?! Yum. There is also a section on layering - which I'm currently intimidated by, but I'll get there eventually. The photography is really well done, and the directions are clear and orderly. However, this is MUCH MORE than a cookbook and this is why it's worth it for me. Kathy goes into all the things you need to know about the IP in a way, frankly, that is much more logical and understandable than most vegan recipes I've found online, and she explains things about the IP better than IP handbook itself in places ("What do all those buttons do!"). There is an IP troubleshooting section, and "Ninja Instant Pot tricks" section and also thoughts on special diet considerations. She breaks down the IP lingo and acronyms in a simple and straightforward way for beginners, but the recipes themselves vary from easy to quite sophisticated. There are some handy extras on the recipes themselves - the recipes are in American measurements but also have the metric equivalents (handy for some of you) and it gives the nutrition information for those of us watching our calorie/carb and protein intakes. BEST PART: there are pages and pages of what I'll call "reference material" that formerly you'd likely have to google for, making this more than a cookbook but more like a manual - a Bean and Lentil Cooking Chart, a Whole Grains Cooking Chart, and a Vegetable Cooking Chart. I needed these things. Extras I appreciate in a cookbook with a good "user experience" - an appendix of recipes by course, a list of handy IP accessories, recommended Facebook groups, reading, and other cookbooks, and a very thorough and comprehensive index so it's quick and easy to look stuff up. These are details that mean a lot to me, the internet is filled with recipes, but I really appreciate actual instruction and resources to best use the IP as a Vegan. This is likely a book I will leave in the kitchen for regular use, rather than put on the back shelf - I'll use it to make sure my cooking times and cooking processes are correct, and also to inspire ideas. It's more than delicious recipes, it's a practical manual.

Although I already own two vegan pressure cooker books (Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker and Vegan Pressure Cooking: Delicious Beans, Grains, and One-Pot Meals in Minutes, both of which I also recommend), I pre-ordered this new cookbook back in November for two reasons: because I've been using my Instant Pot multiple

times a week since getting it eight months ago and because I own two of Kathy Hester's vegan slow-cooker books and really like them. As of today, there is no "Look Inside" feature yet, so here is an overview of the main chapters:

- * Introduction: Everything You Need to Know about Your IP
- * Five Recipes to Start You Out -- includes recipes for beans, a pear-cardamom oatmeal, a jackfruit ragu, a one-pot pasta, and a zucchini-lemon snack cake; I like how Hester starts us off by introducing basic recipes so we can get comfortable with the IP
- * Quick and Easy Homemade Staples -- includes recipes for soy yogurt (which is so easy to make in your 7-in-1 IP!), vegan ricotta (which sounds amazing; it doesn't use the IP, but is used in a few recipes), and various stocks and spice blends (which don't use the IP, but which are also used in a few recipes)
- * Beans and Lentils that Cook in Half the Time -- includes recipes for soups, curries, and even black bean-quinoa burgers
- * Fun and Delicious Ways to Add in More Whole Grains -- includes recipes for a sushi bowl, two kinds of tamales, and cornbread, amongst others
- * Eat Your Vegetables: Easy and Elegant Plant-Based Fare -- includes recipes for veggie side dishes and also some soups, dumplings, and taco fillings
- * Fast and Comfortable One-Pot Meals -- includes some more soups and stews, a ricotta penne pie, various congees, and even steamed buns
- * Cook It All at the Same Time -- includes recipes where you can cook several parts of your meal in one IP, with recipes for lentils, a tempeh bowl, a burrito bowl, a mushroom curry, and more
- * Decadent and Healthy Desserts -- includes recipes for a tres-leches-type dessert, a pudding, a chocolate tofu cheesecake, and others

As you can see, Hester focuses on whole foods, and she has a wide variety of recipes that is sure to please any palette. The opening chapter is also a really nice overview of the IP that goes over how it works and what to expect when you use it. She also provides nutritional information for each recipe, as well as indications of whether or not the recipe is gluten-free. My copy just arrived this morning, but I've already made the Pear Cardamom Steel-Cut Oats (which were so delicious and perfect on a cold January morning!) and Mushroom Potato Taco Filling (which we're having for dinner tonight). Both were super tasty. As far as presentation goes, pretty much every recipe is accompanied by a full-page, full-color photo, which I really appreciate since photos always inspire me to try recipes out. I also love how Page Street (the publisher) does flat binding, so that the book stays open when you lay it out flat. Also, if you're on Facebook, be sure to check out the vegan Facebook groups that Hester lists on the resources page in the back. I've been a member of one since I bought my IP last April, and the members (among whom are cookbook authors like Hester herself, Jill Nussinow, and JL Fields) are incredibly helpful, especially when you first start using your IP and have zillions of questions (or maybe that was just me ;-)). One of the joys of an Instant Pot is that, unlike a crockpot, it keeps the ingredients whole and doesn't make them mushy. I also love that I can get dinner

started and just walk away, without having to monitor and stir a cooking pot of ingredients. On weekends, I'll also often start our dinner as early as 3:00, knowing that the recipe can sit until we're ready to eat. I'm pleased that I added Kathy Hester's new cookbook to my library, and know I'll get much use out of it in the years to come!

Crazy as this sounds I bought the Kindle version of this cookbook on accident. I have a couple of other books by Kathy Hester that I love so I decided to take a look at this book before I returned it. After I looked I'm not returning. I've made two bean dishes that are really good and cooked in 20 minutes. For one of the recipes I didn't have a couple of items for the sauce so just left them out and the dish was still flavorful and attractive to look at. I use a slow cooker a lot but this book could be a game changer for me - 20 minutes to cook dry Great Northern beans perfectly. How could I not like that?

No real critique, everything is reasonable and straight forward. Some of the recipes are a little bland, so punch them up accordingly

Great cookbook. Wish it had more focus on low carb, but the recipes are delicious and easy to follow.

Well written. Great recipes from really simple to more complicated. Excellent accompaniment to the InstantPot.

Very well written book and full of information to make Vegan life tolerable with delicious dishes.

Have already done quite a few of the recipes. Very well written and I have not had to alter any due to miscalculations. We have really enjoyed the variety of recipes.

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