

ONE BITE

VEGAN MAGAZINE

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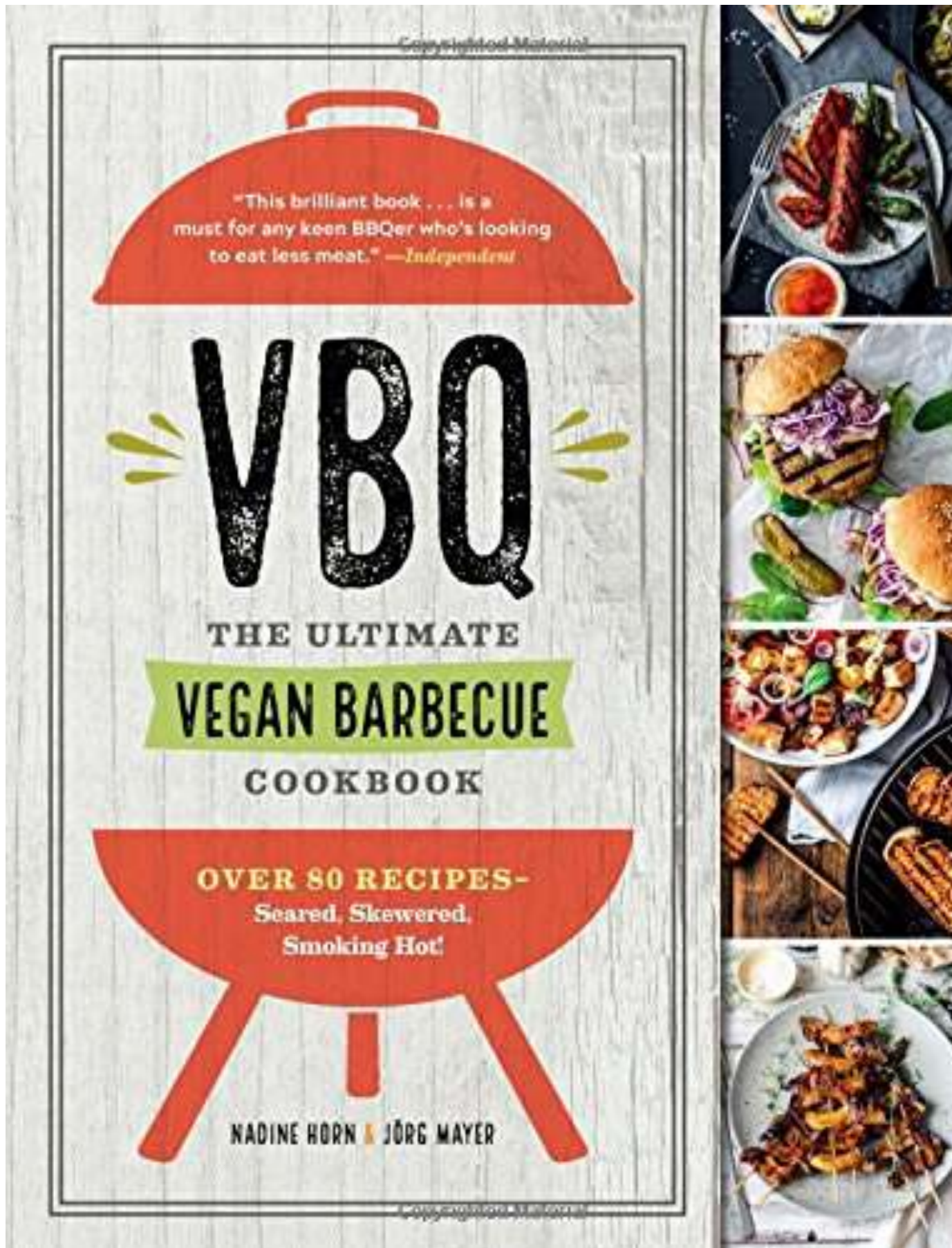
Reviewed:
Vegan BBQ
Cookbook

Vegan Summer Picnic Recipes

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Vegan BBQ

By Honey Morris



I live in Western Australia where barbecues (or as us Aussies prefer to call them – barbies) are a massive tradition. As we sizzle through summer, we love inviting our family and friends over for a feast by firelight. Ah, the satisfaction of achieving the perfect char!

Many meat eaters mistakenly assume that vegans miss out on enjoying barbecues when summer rolls around but honestly, they couldn't be further from the truth. Er, hellooooo tempeh and tofu! Hey seitan! Get on my grill veggies! Oh holy guacamole!

Vegan BBQ or VBQ is the latest offering from Nadine Horn and Jorg Mayer, the creators of the hugely popular German vegan blog EatThis! This cookbook will give you everything you need to know to become a vegan pit-master.

It'll be hard to resist firing your barbie up straight away but put your brakes on (woah)! The first

chapter of this cookbook, "About Barbecuing", is well worth a read. Here you'll learn an abundance of tips and tricks; the must-have barbecuing tools, how to make your own firelighters, how to control the heat in your barbecue and everything you need to know about smoking.

This cookbook is packed full of mouth-watering recipes. Some standouts for me are the plantain patties, the aubergine gyros, the peppered tofu steak and the tandoori tofu skewers with cucumber, mint and yoghurt sauce. But my absolute favourite is the Brussels sprout skewers with dates, garlic and lemon slices!

Also, I can't overlook making mention of the trio of BBQ sauces and the trio of flavoured butters in the penultimate chapter "Sauces and Basics".

This is a cookbook you're going to want to work your way through all summer. The beautifully photographed food will entice you to go outside and rediscover the pleasure of barbecuing.

Would you like this cookbook? We've got one copy to give away. For your chance to be in to win it, just send us an email with your name and postal address to emma@onebitevegan.com, with the subject line: 'Vegan BBQ'. Competition closes on the 1st July 2019. Only one entry per person will be counted.



About the author...

Honey Morris is the creator of Handmade by H-Monster. Handmade by H-Monster is about all things crafty but mostly crochet. Honey donates a minimum of 25-50% of the profits from the sale of her creations to not-for-profit animal rescues. Honey lives in picturesque Western Australia with her husband Stu and the rescue animals they share their life with. When she's not crocheting, or cooking up a vegan storm in the kitchen, you'll usually find Honey burning incense while reading a good book, tending to her veggie patch or taking a dip at the beach. Honey loves sharing her passion for animals, nature and veganism.