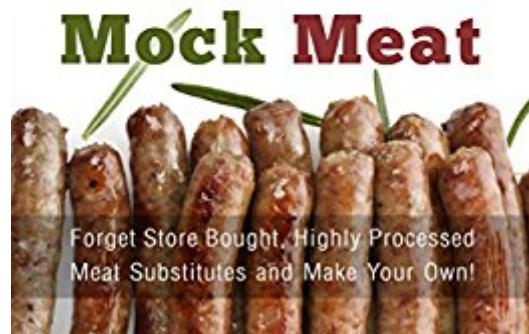


The book was found

Mock Meat: 50 Vegan Meat Substitute Recipes To Soothe The Carnivores Within & Around You - Mock Chicken, Mock Beef, Mock Pork, Mock Fish, And More! (Veganized Recipes Book 6)



Synopsis

Meat substitute (also known as meat analog, mock meat or vegan meat) can now be found in the freezer section of your local grocery store. It's great for those that are having a hard time transitioning to a plant-based diet, who might have days where they're craving for that good old meat flavor and texture. Or for the vegans who live with meat eaters and want to be able to cook for everyone without getting complaints like "Where's the meat?" • But not every grocery store sells it and most commercially available meat substitute can downright disappoint us taste-wise plus most of the time it's unhealthy and contains highly processed ingredients, which doesn't really belong in a vegan lifestyle. The good news is, you don't have to settle for what is out there; you can just make it yourself! We've made a recipe book of homemade vegan meat substitute recipes to satisfy the carnivores around and within you. Using different whole food plant-based ingredients we'll show you how to make every kind of meatless meat you can think of, from bacon to pepperoni, meatballs and even fish.

Tags: vegan diet, vegan recipes, vegan cookbook, vegan recipes, raw vegan recipes, raw vegan cookbook, plant based cookbooks, plant based diet, plant based diet cookbooks, plant based diet recipes, plant based recipes, plant based recipe book, plant based eating, plant based cooking, whole food plant based diet, whole food plant based cookbook, vegan meat cookbook, vegetarian meat substitutes, substitute meat, vegan meat recipe book, mock meat recipes, faux meat recipes, faux meat cookbook, meat analog recipes, vegan meat recipes, vegetarian meat cookbook, plant based meat substitute recipes, mock meat cookbook, fakon recipe, veggeroni recipe, vegan meatball recipe, vegan sausage recipe, vegan ground beef recipe, tofurkey recipe, tempeh recipes, seitan recipes, tvp recipe, textured vegetable protein recipes, imitation meat recipes, Meat analogue recipes, Meat analogue cookbook, meat replacement recipes, vegan cooking for carnivores

Book Information

File Size: 2937 KB

Print Length: 113 pages

Simultaneous Device Usage: Unlimited

Publisher: Otherworld Publishing; 2 edition (November 18, 2014)

Publication Date: November 18, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00PV3A96Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #61,366 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Meat, Poultry & Seafood > Meats #55 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Meats #119 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian

Customer Reviews

As others have noted, there are a lot of problems with this book. Of the 4 recipes I've tried, 2 of them had missing/incomplete ingredients or instructions. Luckily (but also take note potential buyer), you can easily find the same (complete) recipes on-line for free -- with photos (which this book lacks). Also, I later received in the mail a flyer advertising their website. I visited the site, hoping to find more complete recipes than the book, but it's just a site selling vegetarian mock meats and supplies -- no recipes that I could find. Seems like this book may just be a way for them to drive customers to their site... The only reason I gave this 2 stars instead of 1 is that it did provide me with some ideas or starting points for recipes, but the recipes themselves are too flawed to be trusted. Save yourself the bother and money and just search for (for example) "vegetarian filet mignon recipe" online -- you will likely find the same recipes as in this book, but with complete instructions/ingredients and photos.

Just tried one recipe and thought they wanted too much vegan milk added but I did what they said anyway, and the meat came out like pudding. So hopefully the rest of the recipes I try will be better.

Many great recipes, of course, give or take or trade out certain spices some of us do not use, like black pepper, or sugars of any kind, but the main ingredients and ideas are really appealing. The one bummer is there are NO PICTURES, on pictures are on the cover of the book, so use your imagination.

Love the recipes! The recipes include many options - using tofu, veggies, non-soy sources, and others as the basic ingredients for the flavorful meat substitutes! Will be using the recipes for a long time, and for a lot of varied options!

Great recipe book. Had to have my kidney removed and doctor recommended going vegetarian. These recipes are not just vegetarian--they are good!

Recepies are not that great!

Good for variety of meat tastes. Very informative and interesting. Easy recipes to try. Anxious to try each one and share with friends.

I liked some of the recipes and some seemed like a copout and didn't belong. Anyone can bread a piece of tofu and call it a mock meat. That's not a inventive idea. And there were way to many breaded tofu recipes. Just some of the recipes seemed to me way simple for me to have paid for.

[Download to continue reading...](#)

Mock Meat: 50 Vegan Meat Substitute Recipes to Soothe the Carnivores Within & Around You - Mock Chicken, Mock Beef, Mock Pork, Mock Fish, and More! (Veganized Recipes Book 6) 50 Dry Rubs for Pork Roasts: BBQ Pork Roast, Pork Roast Seasoning, Crock Pot Pork Roast, Slow Cooker Pork Roast Smoking Meat: Fish Edition: Top 25 Amazing Smoked Fish Recipes (Smoked Fish Recipes, Smoked Fish Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) 250 Recipes for Pork: Barbecue sauces and rubs for ribs, pork chops, pork shoulder, and pork roast. Easy seasoning recipes for the oven, smoker, slow-cooker, or BBQ grill. The Complete Power Pressure Cooker XL Cookbook: 150 Quick and Easy Recipes For You and Your Family (Poultry, Beef, Pork, Chicken, Fish, Vegetables, Desserts, Vegan, Vegetarian, Beans, Grains & More) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat: The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Bariatric Cookbook: DINNER Bundle â “ 2 manuscripts in 1 â “ A total of 120+ Unique Bariatric-Friendly

Chicken, Beef, Fish, Pork, Fish, Salads and Vegetarian Stove Top and Slow Cooker Chicken Coops: The Essential Chicken Coops Guide: A Step-By-Step Guide to Planning and Building Your Own Chicken Coop (Chicken Coops For Dummies, Chicken Coop Plans, How to Build a Chicken Coop) Cold Night Warm Belly: 35 Chicken, Beef, and Pork Slow Cooker Recipes For the Meat Lover (Cold Night Warm Belly Slow Cooker Recipes) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Gastric Sleeve Cookbook: PRESSURE COOKER â “ 40+ Bariatric-Friendly Pressure Cooker Chicken, Beef, Pork, Fish and Seafood Recipes for Post-Weight Loss Surgery ... (Effortless Bariatric Cookbook Series 7) Smoking Fish vs Meat: The Best Recipes Of Smoked Food: [Unique Smoking Meat Cookbook, Top Delicious Smoked Meat Recipes,Barbecue Smoker Cookbook, A Unique Barbecue Guide, Best Recipes of Smoked Fish] Taste of Home Ultimate Beef, Chicken and Pork Cookbook: The Ultimate Meat-Lovers Guide to Mouthwatering Meals 50 Dry Rubs for Pork Shoulder: BBQ Pork Shoulder Recipes, Pork Shoulder Seasoning, Oven & Crock Pot Marinade 50 Dry Rubs for Pork Tenderloin: BBQ Pork Tenderloin Recipes, Pork Tenderloin Oven Seasoning, Crock Pot Marinade

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)