

Ler Livro Online **PLANTLAB** Matthew Kenney



Faça o download ou leia online **PLANTLAB Matthew Kenney , In **PLANTLAB**, world-renowned vegan chef Matthew Kenney serves up a truly unique and visually stunning cookbook emphasizing the art of plant-based cuisine.**

From Matthew Kenney, long considered a pioneer in raw and vegan cuisine, comes the first definitive vegan cookbook for serious foodies and chefs. Kenney's life work has been his commitment to plant-based innovation as well as culinary nutrition, and in *PLANTLAB* he employs inventive techniques and creative thinking in dishes that are visual masterpieces as well as delectable meals. Inspired by his experimental kitchen and laboratory located in Belfast, Maine, *PLANTLAB* will help redefine plant-based cuisine for home cooks and amp up their skills to create beautifully prepared, delicious vegan foods in

their own kitchens. From root purees and soups to kale polenta and pizza, the 100+ recipes employ a modern, creative approach that builds on skills as you progress through the book. As the recipes get more advanced, so to do the techniques, and by the end, you will be fermenting and using a smoke gun like a pro.

Throughout, Kenney explores elements of the lifestyle that go along with plant-based wellness, expanding on the science behind foods and explaining cutting-edge food technology and innovative techniques, such as using and making nut-based cheeses and artisanal chocolate.

Elegantly designed and gorgeously photographed, *PLANTLAB* celebrates innovative vegan cuisine at the highest level. It is a feast for the senses.

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