



The Model Vegan: Every Recipe Worth Making More Than Once

Dushenka Silberfarb

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All the recipes in *The Model Vegan* are from scratch. There are no exotic ingredients like liquid smoke or processed foods like mock chicken, better than beef or even cheese substitutes like nutritional yeast. Dushenka has a unique perspective on vegan food in that she was raised vegan. She's not trying to create vegan versions of chicken fried waffles, or coq-au-vin. She helps people approach veganism from the perspective of making FOOD, not, what do I do to replace all the meat I'm accustomed to eating with vegan versions of the same. *The Model Vegan* is the essence of what vegan cooking should be: Making yummy nourishing food that just so happens to be vegan and is also pretty easy to make gluten free. *The Model Vegan* is a guide to maintaining a healthy lifestyle through eating an organic plant based diet with healthy delicious meals. Dushenka wrote this book after having had some food challenges that in the moment were horrifying and frustrating. The very challenges that in the moment caused her to feel like her life was over, inspired an explorations of new cuisines and new ways of cooking that create joy, vitality and health, and ultimately resulted in this book. It has been said that it is easier to get divorced, find a new husband and remain happily married to that new husband than it is to change the fundamental eating habits that govern our lives. This book is written for anyone with a food challenge or who wants to lose weight or who would like to make a radical dietary change for any reason. May the story of how Dushenka turned the biggest ow! of her life into a wow! help you to do the same. This book is for you if want to feel more healthy. This book is for you if you chronically have trouble answering the question "What are we having for dinner?" This book is for you if you don't like to cook, but you do like to eat and you want to eat something NOW!!! In short, this book is written for Dushenka, and if you are even a little like her, it's written for you too!

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