

COOKBOOK CORNER

The Art Of North American Vegan Cuisine

(NAPSA)—If you've ever wanted to learn more about vegan cooking, a new book offers some delicious ways to sample what's best about this vibrant, compassionate cuisine.

Vegans don't eat meat, like other vegetarians, but they also don't consume eggs or dairy products because they consider a meat-free, dairy-free diet to be the kindest and most environmentally responsible way to eat. They also don't use honey, because it's made by bees, and prefer recipes sweetened with agave and alternative sweeteners.

You might think dairy-free eating could be limited, but a new cookbook, "Dining with Friends: The Art of North American Vegan Cuisine," written by Priscilla Feral and Lee Hall with Friends of Animals, offers a variety of fresh, delicious and nutritious recipes.

The book includes original vegetarian versions of heirloom recipes and delectable contributions from chefs.

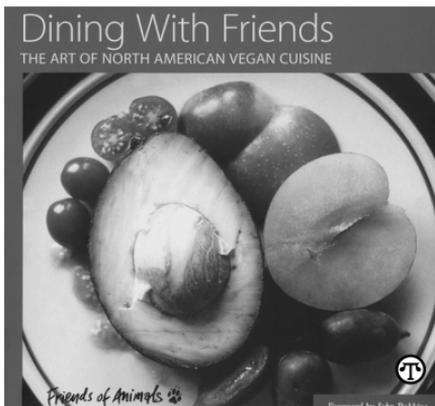
From Carrot Paté to Blueberry Cornmeal Pancakes to Chestnut Soup to Liberated Chocolate Cake, as well as Spring Pasta with Carrots, Asparagus and Pesto, the recipes are as enjoyable to eat as they are to prepare.

Here's a delectable recipe for Asparagus Soup:

Asparagus Soup

Serves 4

- 2 tablespoons canola oil
- 2½ cups chopped asparagus stalks and tips
- 1½ cups leeks, mostly white parts, well rinsed and chopped
- ¼ cup chopped celery
- 1 teaspoon minced fresh garlic



Dairy-free eating can be surprisingly versatile. A new cookbook offers a wealth of delicious recipes.

- 1 bay leaf
- 6 cups vegetable broth
- 1 teaspoon salt
- Ground pepper
- ½ cup soy milk creamer (such as White Wave Silk Creamer)

Preparation:

Prepare the asparagus by discarding the tough ends.

Heat the oil in a 4-quart pot, and add the asparagus, leeks, celery, garlic and bay leaf. Sauté over medium-low heat, stirring frequently, for 10 minutes. Add the vegetable broth; simmer, partially covered, for about 20 minutes over medium-low heat.

Let cool slightly; then purée mixture in a blender in batches. Return the purée to the pot, season with salt and pepper to taste. Add soy creamer and heat thoroughly.

The book makes a great gift for anyone who likes to cook or cares about animals. For more information, call (203) 656-1522 or visit www.friendsofanimals.org.