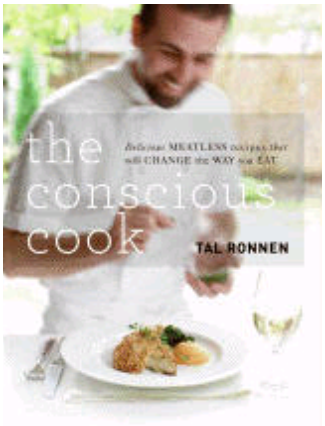

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The Conscious Cook

Delicious Meatless Recipes That Will Change the Way You Eat

Tal Ronnen

The first full-color cookbook from revolutionary chef Tal Ronnen—loaded with healthy, delicious, and fulfilling meatless recipes—that provides a satisfying solution to an omnivore's dilemma

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A former steak lover himself, Chef Tal struggled for years on a vegan diet that left him hungry and filled with cravings for butter and meat. By applying traditional French culinary techniques to meatless cuisine, he found that he could gratify his cravings for rich flavor and fat.

The Conscious Cook shows readers that avoiding the health risks and ethical dilemmas of eating meat and dairy does not mean sacrificing taste and appetite. This is not a cookbook of sprouts and tofu burgers, but of mouth-watering, hearty meals that keep the protein at the center of your plate. Featuring 75 original recipes that will satisfy the fussiest foodies and the most dedicated of carnivores, *The Conscious Cook* is a breakthrough in meatless cuisine that will revolutionize the way readers experience food.

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Author Bio

Chef Tal Ronnen is the most celebrated vegan chef working today. In the spring of 2008, he became known nationwide as the chef who prepared vegan meals for Oprah Winfrey's 21-day vegan cleanse. He has since catapulted to fame, catering Ellen DeGeneres and Portia de Rossi's vegan wedding, Arianna Huffington's party at the Democratic National Convention, and the first vegan dinner at the U.S. Senate.