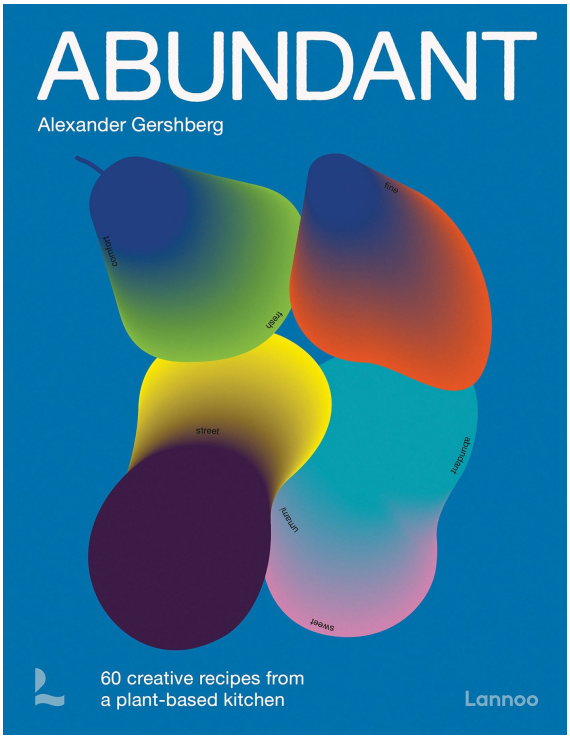
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Abundant

60 creative recipes from a plant-based kitchen

Alexander Gershberg

ISBN	9789059965638
Publisher	Lannoo Publishers
Binding	Hardback
Territory	World excluding Benelux France, Switzerland & Scandinavia
Size	253 mm x 195 mm
Pages	256 Pages
Illustrations	90 color
Price	£30.00

- The irresistible abundance of plant-based cooking
- Alexander Gershberg proves that plant-based food is anything but limited
- A delicious cookbook built around seven taste experiences, from sweet to umami
- Featuring 60 vegan dishes in which the rich flavours of the Middle East blend seamlessly with our own cuisine

In ***Abundant***, Alexander Gershberg shows just how plentiful plant-based cooking can be. He weaves the bold flavours, aromas, and colours of the Middle East together with those of his new home country, the Netherlands. The result is a fresh plant-based cooking style in which fruit, vegetables, whole grains, and legumes take centre stage. Using local, simple ingredients, Gershberg challenges you to think differently about food: surprising and healthy, without sacrificing pleasure. ***Abundant*** is an ode to the abundance of life, built around seven taste experiences and mindsets: Fresh, Umami, Comforting, Abundant, Street, Refined, Sweet. A cookbook that energises, inspires, and proves that plant-based cooking is anything but limited.

Alexander Gershberg was a professional dancer before becoming a successful chef, cooking instructor, and author of several cookbooks. He organises art dinners around the world, such as The Chromatic Dinner, which received international acclaim and won multiple awards. He has cooked for members of the Dutch royal family as well as high-end fashion designers and artists.







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