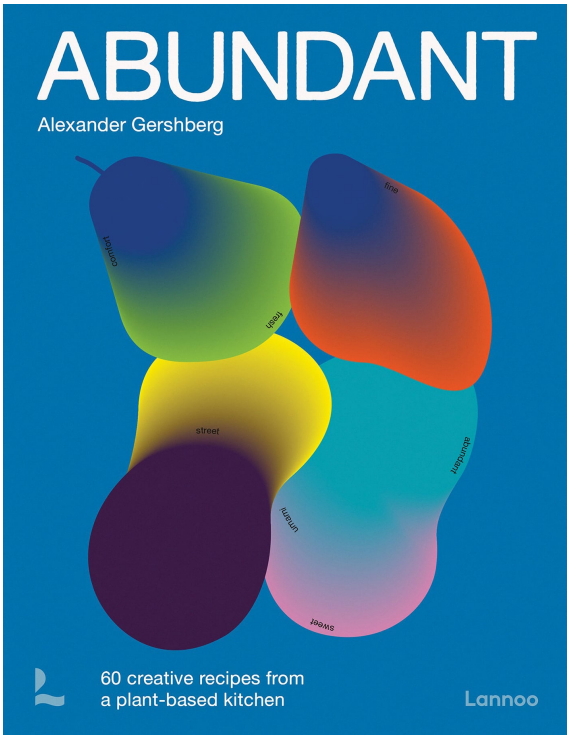
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Abundant

60 creative recipes from a plant-based kitchen

Alexander Gershberg

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- 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 flavors 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 flavors, aromas, and colors 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 center 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 energizes, 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 organizes 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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