



Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel

By Lee Watson

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Plant-based recipes from a fun-loving, world-wandering chef you'll want to follow everywhere!

Chef Lee Watson was once, in his own words, “the mightiest nose-to-tail carnivore of them all.” But four years ago, he went completely vegan—and today, he’s an easygoing evangelist for peaceful, plant-full eating!

Now, *Peace & Parsnips* captures 200 of Lee’s extraordinarily creative recipes, all “rooted” in his love of life and his many travels—from the streets of Mexico and the food bazaars of Turkey to the French countryside, the shores of Spain, the spice markets of India and beyond! Twelve chapters burst with gorgeous photos (200 in all!), tempting us with Lee’s mouthwatering recipes—all meat-free, dairy-free and egg-free, and many gluten-free—that are brimming with goodness. Get set to savor:

- **Breakfast:** Plantain Breakfast Burrito with Pico de Gallo
- **Smoothies, Juices & Hot Drinks:** Healthy Hot Chocolate
- **Soups:** Zen Noodle Broth
- **Salads:** Fennel, Walnut & Celeriac Salad with Caesar-ish Dressing
- **Sides:** Turkish-Style Spinach with Creamy Tofu Ricotta
- **Nibbles, Dips & Small Plates:** Shiitake Tempura with Wasabi Mayo
- **Big Plates:** Parsnip & Walnut Rumbledethumps with Baked Beans
- **Curries:** Roasted Almond & Kohlrabi Koftas with Tomato & Ginger Masala
- **Burgers & More:** Portobello Pecan Burgers with Roasted Pumpkin Wedges
- **Baked & Stuffed:** Mexican “Pastor” Pie
- **Sweet Treats:** Raw Blueberry & Macadamia Cheesecake; Dark Chocolate & Beet Brownies
- **Sauces, Dressings, Toppers & other Extras:** Smoky Chipotle & Cauliflower

Cheese Sauce; Tofu & Herb Feta!

Lee's thoughtful, enthusiastic advice makes it easier than you think (and great fun) to create unforgettable meals from an inspiring array of seasonal fruits, fresh vegetables and easy-to-find staples. This is food that explodes with flavor, color and texture—and will delight and nourish *everyone*.

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Editorial Review

Review

“You don't have to be a vegan to drool over the healthy (but hearty) recipes in Lee Watson's new cookbook.”—**Health.com**

“Even as a carnivore, I find contemporary vegan recipes - or plant-based cooking, as it tends to be called nowadays - among the most creative and interesting . . . but I find Lee Watson's *Peace & Parsnips* especially inspiring, full of original ideas and bold flavours.”
—**Nigella Lawson**

“[Watson] writes with humor and energy about his world travels and the recipes they have inspired. The idea for a combination of warm figs and raw greens was born on a trip to Sancerre, France, but his stroke of brilliance is the decidedly nontraditional addition of what he calls lemon tofu feta.”
—**Joe Yonan**, *The Washington Post*

“Delicious, delectable, appetizing, flavorful, mouthwatering, scrumptious and tasty are all words for Watson's first book, chock-full of interesting information, recipes, and ideas for both novice and experienced cooks. . . . Every dish is wonderfully and colorfully displayed by photographs, assuring that they tantalize the eye and the taste buds.”—**Booklist**

“[Watson] sets out to prove that tasty vegan food isn't an oxymoron.”—**Publishers Weekly**

“Trust us, everyone—no matter the dietary preferences—will be satisfied by these wholesome and delicious dishes.”—**TheNest.com**

“With a fresh perspective on vegan cooking, this unusual tome can increase the breadth of most collections.”—**Library Journal**

“Filled with 200 vibrant, appealing plant-based recipes.”—**VegNews magazine**

“As a long-time collector of vegan cookbooks, I'm always looking for the next great vegan chef: one who thinks outside the box and uses ingredients in new and interesting ways. Chef Lee Watson is the next great vegan chef for me, and *Peace & Parsnips* is a sensational addition to my collection.”
—**Del Sroufe**, author of the *New York Times*-bestselling *Forks Over Knives—The Cookbook*

“With vibrant imagery and abundant creativity, Lee takes us on a rich adventure that proves that clean, vegan eating is anything but boring. *Peace & Parsnips* is a true celebration of plant-based possibilities, and the ‘life’ these foods bring to our lives.”
—**Heather Crosby**, author of *YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful Lifestyle* and founder of YumUniverse.com

“Bravo to Chef Lee Watson who has us covered in this mouthwatering cookbook! Everything you need to satisfy your cravings is right here starting with breakfast and smoothies, to dips, soups, curries, burgers, and desserts. An excellent vegan pantry section is included to help guide beginners who are just starting to cook

vegan.”

—**Chloe Coscarelli**, author of *Chloe’s Kitchen*, *Chloe’s Vegan Desserts*, and *Chloe’s Vegan Italian Kitchen*

About the Author

Passionate about vegan food without being preachy, **Lee Watson** brings a singular sensibility to the vegan cookbook shelf. He has worked in restaurants for more than 20 years, has cooked on TV as one half of the presenting team on Fox’s *Meat v Veg* and helped open a restaurant on the beach in Murcia, Spain. Besides growing his own organic fruit and vegetables, Lee writes poetry and plays guitar, practices yoga, hikes and runs in the mountains, swims in the sea, surfs and enjoys nature. He lives “the good life” with his partner, Jane, in western Wales, where he works as a vegan chef at an idyllic retreat center in Snowdonia National Park.

Users Review

From reader reviews:

Harry Oliver:

Have you spare time for a day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a stroll, shopping, or went to the actual Mall. How about open as well as read a book eligible Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel? Maybe it is for being best activity for you. You realize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with their opinion or you have additional opinion?

Harry Anderson:

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Andy McNeil:

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