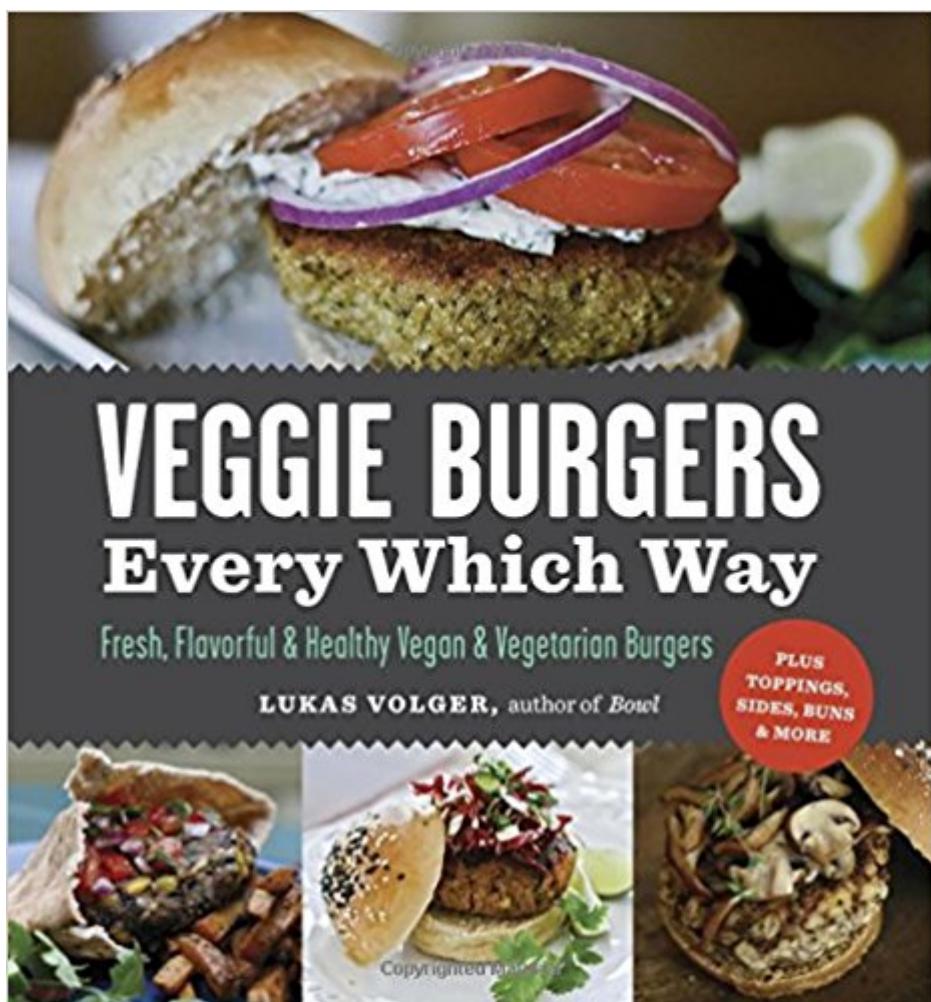


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# Veggie Burgers Every Which Way: Fresh, Flavorful And Healthy Vegan And Vegetarian Burgers-Plus Toppings, Sides, Buns And More



## Synopsis

Tasty, Exciting, Inexpensive&#150;Veggie Burgers Every Which Way!Whether you already subsist on veggie burgers, enjoy them occasionally, or ardently wish there was an alternative to the rubbery, over-processed frozen burgers sold in cardboard boxes, Veggie Burgers Every Which Way is the book for you&#150;one you will want to cook from over and over again.Author Lukas Volger, who has been making and eating veggie burgers since he was a teenager, has assembled more than thirty unique, delicious veggie burger recipes including:Red Lentil and Celery Root BurgersTofu and Chard BurgersBaked Falafel BurgersThai Carrot BurgersSweet Potato Burgers with Lentils and KaleCorn Burgers with Sun-Dried Tomatoes and Goat CheeseMore than half the burger recipes are vegan and/or gluten-free, as are many of the extras, which include buns, sides, toppings, and condiments. Everyday ingredient choices ensure that all the burgers and extras are a breeze to assemble. The wide variety of tastes and flavors will excite every palate and suit every craving and occasion. And dozens of mouthwatering photographs leave no doubt that great-tasting veggie burgers can look spectacular, too!

## Book Information

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## Customer Reviews

â œLukas Volger reversed my veggie burger cynicism.â •â "Martha Rose Shulman, The New York Times â œVegans and vegetarians (and others eating meatless) often resort to cooking frozen veggie burgers out of a box . . . [with Veggie Burgers Every Which Way], you can whip up the real deal: great-tasting colorful homemade variations with fresh produce, whole grains, beans, rice,

bread crumbs, spices, and herbs. They will be as good as the ingredients that go into them . . . Appealing topping, side, dressing and bun options are included, too.â •â "Los Angeles Daily News â œOne of Volgerâ ™s best veggie burgers combines a variety of mushrooms and barley, combining foresty and nutty flavors youâ ™d find in a wintertime wild mushroom soup . . . Try going back to eating one of those frozen soy burgers after that.â •â "The Oregonian â œVolgerâ ™s excellent new book, *Veggie Burgers Every Which Way*, should not be thought of as just for vegetarians . . . it is the variety and creativity of the recipes that makes this new cookbook stand out. Recipes such as his Tuscan White Bean Burger . . . are sure to get just about any carnivoreâ ™s mouth watering.â •â "CBC News â œWho knew shredded carrots or quinoa could be so deliciously molded into a pattie? And satisfy a dyed-in-the-wool carnivore.â •â "Pittsburgh Post-Gazette â œThis is a small volume with a big mission: to up the flavor profile of this particular vegetarian genre.â •â "Washington Post â œLukas Volger . . . elevates the vegetarian burger to its rightful status as real food.â •â "Montreal Gazette â œThe world of burgers has just grown bigger, fresher, more colorful, and deliciously diverse thanks to Lukas Volgerâ ™s back-to-basics approach to the veggie burger. Summer barbecues may never look the same again!â •â "Cathy Erway, author of *The Art of Eating In* and the blog *NotEatingOutinNY* â œThis is the book we have been waiting for, and perhaps you have too? A vegetarian and vegan cookbook that actually adds something to our groaning kitchen bookshelf. . . . The book is simply designed and very easy to follow. The mouth-watering photographs leave no doubt that great-tasting veggie burgers can look spectacular. Volger elevates the vegetarian burger to its rightful status as real, imaginative and fun food. . . . 10 out 10! Buntastic!â •â "Permaculture (UK)

Lukas Volger is the author of two other cookbooks, *Vegetarian EntreÃ©s That Wonâ ™t Leave You Hungry* and, most recently, *Bowl*. He is also the founder of Made by Lukas, a premium veggie burger company established in 2013, and editorial director of the biannual magazine *Jarry*. He lives in Brooklyn, New York.

I like this book, I really do. The veggie burgers here are very, very tasty and most of the recipes are well thought out. Lukas Volger starts off explaining the basic ingredients to make a good veggie burger and then dives into some really delicious recipes: bean, grain, and nut burgers; vegetable burgers; tofu, seitan, and tvp burgers. He includes a really nice section on making your own burger buns (and these are GREAT!) with information about making them gluten-free. There are sections on salads and sides and condiments to go along with the burgers. A few of my favorites are the bean

burgers, mushroom burgers, pub grub burgers, and Portobello burgers.\*BUT\* even though I like this book so much and successfully have made a number of the recipes, I have some real concerns about the way he has put some of them together. First, the recipes are for four or six burgers and these are just too much unless you are cooking for a large family or a party. I constantly have to cut down on the ingredients to make burgers for just one, two or three of us. Second, the lists of ingredients for some of the burgers are insanely long. For instance, the recipe to make six tempeh burgers has 23 separate ingredients. I appreciate the attempt to make a good recipe, but I am not going to scrounge up 23 different ingredients for a veggie burger, no matter how tasty. (Do I really need to add 1/4 teaspoon each of garlic powder and onion powder for six burgers?) And finally, I wish he had included nutritional information for each of the recipes. Knowing the fat, sodium, calorie, and cholesterol content would make it easier to choose recipes. But generally speaking, the recipes are extremely good and the end results are excellent. This cookbook has a permanent place in my kitchen.

I think this is a great cookbook. The subject was in desperate need of exploration, and thank goodness Lukas Volger was up for the job. I liked reading it as well as I've liked making the recipes so far. I have successfully made the Easy Bean Burgers, the Seeded Edamame Burgers, the Curried Eggplant and Tomato Burgers (gluten free!), and the Tofu and Chard Burgers. The Tofu and Chard burgers did give me trouble though, and I wanted to put a couple cautions here so others don't do my same missteps. My main mistake in making the recipe was using super-firm tofu (from Trader Joes). The super-firm, while I'm sure it is great for marinating and grilling as a cutlet, is just not wet enough to form a paste when half of it is blended up, and a patty will not hang together for cooking, though it still tasted good as a scrambly thing. I also ran across an earlier experimental version of this recipe on the internet, and it had 14 ounces of tofu rather than the 8 in the book. I think the recipe more honestly makes 6 patties with 14 ounces of tofu. The larger amount of tofu dilutes the breadcrumb flavor better too. This is the first recipe book purchase I've made on my Kindle. Though I miss the glossy cookbook experience, I really like how the recipe "book" lays flat on the counter, is with me in the store, can read to me, has links to the recipes through the contents, and doesn't get lost. I'm really looking forward to making more recipes from this book, and I'm also looking forward to L. Volger's next book which I hope will come out real soon :)

I was really really excited about this cookbook when I got it, but I became less and less excited about it over time. There are some real positives: # 1 the method for cooking the patties is excellent!

and # 2 the side dishes and condiments are almost universally good (especially the buns!) But after a few batches of burgers it became quite clear to me that making veggie burgers is a giant pain in the butt. I got to the point where I'd get about half way through a recipe and realize that if I stopped right where I was I'd probably like the result just as much - because most of these taste the same whether they're just mixed together OR shaped, fried, and baked. (So you end up spending a lot of time and effort only to sandwich the thing between bread). Also if you rely on leftovers (like I do) - these burgers are only so so. Since many of them have a really strong flavor - they're good when you eat them once... But when you eat that second burger, it's getting to be a little much... And by the third one you've scratched them off your list of food to make again. It made me realize that for me the beauty of the burger is not some intrinsic flavor - but the burger's chameleon like ability to serve as a platform for different condiments and be fresh and new each time you eat it.

I can appreciate this author's approach...he feels like the marketed veggie burgers (such as garden burgers and the like) are really just concessions to people who want a burger but dont want meat (or dairy potentially). So...he has crafted and gathered an impressive array of delicious, easy to make recipes for making your own delectable patties, in quite a variety of ways, with quite a variety of base ingredients and flavors. I would consider this particular book a must own. I think just about everybody has the hankering for a burger, or something with that kind of bite and/or texture every so often. For those of us that are Vegan or Vegetarian, the current available store bought options, although all most of us have ever known, are really not all that appealing when faced with some truly delicious alternatives. These are recipes anybody can follow, and a concept anybody can appreciate. I know i do, and i am very glad to have purchased this book. This is by far one of the more regularly consulted cookbooks in my home. Enjoy!

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