



# A Vegan Taste of Eastern Europe (Vegan Cookbooks)

*Linda Majzlik*

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## **A Vegan Taste of Eastern Europe (Vegan Cookbooks)** Linda Majzlik

This collection of cookbooks interprets the savory flavors of international cuisines for the animal-free, vegan diet. Each region's most famed dishes are detailed or redesigned to be meat- and dairy-free. With recipes for appetizers, breads, salads, main courses, desserts, and drinks, each cookbook covers the entire culinary palate.

The vegan-friendly staples of the Eastern European diet—seasonal produce, fresh and dried fruits, nuts, and poppy seeds—are at the heart of these flavorful dishes. Hearty soups topped with dumplings, dense wholesome rye breads, pickled vegetables, specialty grain dishes, beetroot salads, and sweet desserts are among the tantalizing tastes reflected in the recipes of this traditional cuisine.

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