

### 1: 10 vegetarian and vegan blogs you need to know about | Life and style | The Guardian

*The Vegan Chef* The home page for vegan chef Beverly Lynn Bennett, featuring deliciously healthy, low fat and innovative vegan recipes. As a vegan, Beverly doesn't use eggs or dairy products in any of her creations, and they are not missed in the least.

This serving of Filipino Kare-Kare for example. Do you know how much effort goes into making this dish? Aubergines, string beans, Banana heart and Pak Choy. I prefer to grill them. It releases some of the sugars and imparts smokey notes. Since this is a vegetarian dish, we used textured soy protein. We had to hydrate this for a few minutes, then we squeezed the liquid, We had to grind down some peppercorns, pimientos, lentils and red peppers in peanut oil for this, salted them and added a bit of spice just to well, spice things up! Now comes the sauce. You need to grind and dry roast some good quality uncooked rice. The older it has been harvested and stored, no more than a year, the better. The same for the peanuts, you have to start with good, flavorful peeled peanuts and grind them. An alternative is to find good quality, unsweetened peanut butter. Put these both aside. Now, heat some coconut oil in a deep wok, fry a tablespoon of atsuetse seeds. Once the oil turns deep red, remove the atsuetse and add the ground peanuts and water. Thicken with the ground roasted rice. Add your soy protein and keep simmering until you reach the desired consistency. Season with salt and pepper, and a few teaspoons of soy patis. You decide whether you want to add the vegetables to the sauce, or plate it without them, and arrange them on top of the plated dish, as in the picture below. Serve with the vegan Bagoong on the side, on top, or mixed into hot steamed rice. It is a testament to the flavor which a well constructed base can impart to the meat, vegetarian or not, and not the other way around. This dish, in fact, can stand on its own even without any meat or alternative to it.

### 2: Vegetarian Dining | Wynn Las Vegas & Encore Resort

*Vegan chefs are hard to come by in some states, but America does have some that are extremely talented at concocting scrumptious plant-based meals. We have enjoyed tasting the following chefs.*

The world of food is becoming a leading factor in the green movement. As people decide they want to live better, eat better, and feel better about their food choices many green chefs have stepped up to the plate in order to give those same people exactly what they want—good wholesome food. We scoured social networking sites to find out who the best green chefs to follow were. Here is our top 10 list of green chefs in no particular order: Her green efforts have not gone unnoticed. She strives to keep her restaurant sustainable by using locally produced ingredients. We highly recommend trying out her vegetarian recipe for Lentil Salad. She was one of the first chefs to create a vegan cooking show when there were none in existence. Her show Post Punk Kitchen only aired for a few years on community access television in Brooklyn and Manhattan before it went on hiatus. However the website stayed strong with a community of vegan supporters and those leaning toward a vegan diet. She is the author of best-selling cookbooks *Vegan with a Vengeance*, *Veganomicon*, and *Appetite for Reduction*. She launched *Apron Activists*, a group of vegans who help save animals and promote animal rights. She raised funds for the Haiti earthquake relief efforts by encouraging fellow vegans to host bake sales and she is constantly working to change people's perceptions of vegan food by offering up delicious dishes. You can follow Isa on Twitter, on her blog, or read her column in *Bust* magazine. Photo Credit Michael Symon Iron Chef Michael Symon might not be the first chef you think of in the green food movement because he is neither vegan nor vegetarian. However, he has been a leader in the growing sustainable food culture. In 2009, Chef Symon hosted *Farm Aid Growing Hope for America*, a cause that uses music to celebrate healthy food and family farming. To make the biggest impact on the sustainable food movement, Symon recommends that people start at home. He gained fame for creating the foods Oprah ate while she did the 21 Day Cleanse. He is probably one of the most celebrated vegan chefs in the world today. And there is a reason why. His recipes have an artisan quality with a delightful pairing of flavors for your palate to enjoy. His fame from Spago, a restaurant celebrities are just dying to get into, is just one reason he is a notable chef. But he is also a leader in the restaurant industry who stands by a green philosophy when it comes to his food. He has become a leader for those just starting out at home who want to eat healthier and move toward eating food that is better for the environment also. His show *Emeril Green* is broadcast to millions of viewers and helps regular people learn the pizzazz of organic cooking. She believes in eating organically grown plant-based foods and keeping her recipes animal-free. Her newest book is a must have for anyone wanting to go gluten-free and vegan. We are guessing that is because she has been hard at work on her vegan cook books and speaking at events across the country to promote vegan eating. She is a regular columnist for *VegNews*. Chef Jose Garces not only used local, seasonal, sustainable foods, but is also bettering the environment by collecting the used cooking oil from his restaurants to convert it to biodiesel to power his farm in Bucks County. The partnership with Bucks County Freedom Fuel completes the circle from farm to restaurant and back to the farm. The partnership shows Garces sustainable attitude toward cooking, giving back to the land, and creating a better environment to live in. I believe that when you use good ingredients to make pasta dishes, salads, stews, burgers, grilled vegetables, fruit salads, and even outrageous cakes, they all have a place in our diets. We just need to rediscover our common sense: She is an eco-lifestylist and an organic food author. Her recipes are always vegan, raw and uncooked, and utilize organic fruits, vegetables, nuts and seeds. We happened to love all the recipes in her *Delicious Living* feature from April, but if we had to pick one only we would recommend her Zucchini Spring Rolls with Lime-Cashew Dipping Sauce page You can follow Chef Ani Phyo on her website where she blogs often, Twitter, Facebook, or follow her video series on Youtube. These are just a sampling of the coolest green chefs out in the world. We know there are many more that deserve recognition. Who is your favorite green chef? Is it because they use sustainable foods, organic ingredients, or because they stick with vegan and vegetarian recipes? Let us know in the comments section below. There is still time to for readers to suggest a restaurant or for restaurants or

even food trucks! Main image background photo credit:

## 3: 10 Rockstar Vegan Chefs in America - One Green PlanetOne Green Planet

*I am a classically trained chef who specializes in vegan and cruelty-free recipes & cooking. I have worked in many restaurants over the years and I love to share what I have learned.*

With some training, flexibility, and some entrepreneurial skill, there is a world of culinary possibilities out there for you. Location Many urban areas have lots of room for different types of vegan cuisine, including fine dining, American, ethnic, coffee shop, snack shop, and even fast food. Some less urban areas, such as wine countries, may have audiences that are receptive to or demand vegan options. Do your research to see where vegan audiences and vegan food supplies are available. It may be possible to work part-time hours, but most full-time chefs are working very long hours Financial and Time Considerations for Training There are many roads to becoming a vegan chef. You may want to invest in formal schooling, or you may choose to go the apprentice route. Chef training is not as rigid or clear-cut as many other types of occupational training. There are chef certifications, but they are generally not required to work as a chef. There is not a required numbers of hours that you need to formally complete. The proof is generally in the silken tofu pudding! You may choose to complete formal full-time culinary school training. You may decide to combine on-the-job training in vegan employment with part-time business or management courses at local community colleges or training centers, or you may go the self-taught route. The choice is yours, depending on your time, finances, and personal preferences. If you decide to go the formal culinary school route, you will have to decide what you would like from your culinary courses. For example, the Culinary Institute of America the gold standard for American culinary training has a vegetarian not vegan student restaurant and incorporates lots of healthy and vegetarian cooking. If you do choose to go the culinary school route, here are some questions to ask and important research that you should do: Find out what type of certifications the school has. It can be via a public or private agency or a professional association, such as the American Culinary Federation. This detail is important to demonstrate reliability or will be necessary if you would like to continue your education to transfer credit later on. Research the business aspects of the school, including how long it has been in business, any credit rating the Better Business Bureau can be helpful with this , health department ratings, etc. Establish how payment is handled and what is included tuition, books, equipment, uniforms, supplies, etc. Be wary of schools that offer to apply for loans for you. Speak to employers about how pleased they are with the graduates from that school. Take a complete tour of the school and any facilities they might use some culinary schools place students at local culinary operations , interview faculty and current students, sit in on some classes, and even talk to businesses in the vicinity. To get an idea of what omnivore chef training includes, visit the American Culinary Federation website at [www.culinary.edu](http://www.culinary.edu). Look through their education and certification sections. If you choose to go the apprentice or culinary employment route combined with non-culinary classes business, marketing, etc. For example, is there a formal schedule, with a designated number of weeks devoted to vegetable and grain cookery, some weeks devoted to menu creation? Will you be rotating around the different front-and back-of-the-house stations? Will there be testing to assess your progress and what form will those tests take? Some facilities may have formal programs while others may be informal more of a "follow me and do what I do" process. Include pictures, testimonials from diners or fellow chefs, and certificates of participation to demonstrate your culinary ability and involvement. Networking Become involved in local culinary organizations. Look for the local chapter of the National Restaurant Association, and professional food organizations the local Chamber of Commerce should have a listing , small business owners organization, and all local organizations promoting healthy, organic, or vegetarian lifestyles! Networking is important to acquire information about local culinary culture, and to locate training and employment opportunities. Financial Considerations for Salary There is very little conformity in the culinary industry regarding job descriptions or salaries. Salaries depend on the type of operation. For example, corporate hotel versus small independent, part-time caterers, franchise operations versus gourmet catering truck, etc. You may be able to get a feel for the local economy and pay rates by looking through large job or salary websites, such as Monster. Aspects to consider beyond salary are benefits health insurance, sick days, vacations, tuition

reimbursement, chances to travel, etc. The food world can supply a steady income, but is physically and emotionally taxing, while not being as lucrative as what we might see on Iron Chef. Most culinary professionals would say to do it for passion rather than for lots of money in the bank. Of course, if you have strong culinary skills, a winning personality, and business acumen, you could be on the road to financial success! If the bread is still in the oven, or if you still have a lot of customers, your 7 p. Locate and explore local dedicated vegan establishments or research the need for personal vegan chefs in your area. Vegan chefs work in the delis of natural food markets. You might combine vegan culinary skills with business and own or manage restaurant or food operations. You can decide to focus on catering, writing cookbooks, or be a personal chef, depending on your personality and skill level. For example, if you enjoy being hectic and constantly challenged, you may like to work for a large vegan restaurant or commissary operations that supply food facilities with prepared food, such as airline caterers. If you prefer the one-on-one, you might think about offering personal chef services, where you interact with an individual or family, or offer a vegan catering service, where you deliver hot meals five days a week to an established customer list. Success in the culinary world is not just about culinary skills, but is also very much about making and maintaining contacts and business connections. The culinary community is very small and chefs generally have long memories. Remember that good contacts and bad impressions can last a long time in our industry! Nancy Berkoff is a professional chef and registered dietitian. The contents of this website and our other publications, including Vegetarian Journal, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. Please use your best judgment about whether a product is suitable for you. To be sure, do further research or confirmation on your own. Any page on this site may be reproduced for non-commercial use if left intact with credit given to The Vegetarian Resource Group and each page linked to [www](http://www). Web site questions or comments?

#### 4: Veganchefchallenge

*A non-vegetarian will likely be irritated at many turns in this book. Aside from that, the idea of learning to cook without recipes is great but it does not work like this author suggests. You must start by learning the fundamentals of cooking and in that process, you do follow recipes and learn a lot from doing so.*

#### 5: The Vegan Chef - Vegan Recipes - Beverly Lynn Bennett

*The Vegetarian Chef. 48 likes. Without animals in one's cuisine, expanding plant-based gastronomic horizons is a challenge to one's imagination and skill.*

#### 6: Laura Theodore | Chef and Cooking Show Host | PBS Food

*Product Features. 57 all-new vegetarian recipes developed exclusively by Pampered Chef Test Kitchens. Cookbook contains three chapters: On the Lighter Side (Meatless and Vegan Recipes), Meatless Main Dishes and Vegan Main Dishes.*

#### 7: Vegetarian Recipes - Great British Chefs

*Marisa is a freelance writer from Rhode Island and a lover of all things beauty, wellness, style, and pizza. Her work has been seen on [www.enganhecubano.com](http://www.enganhecubano.com), StyleCaster, [www.enganhecubano.com](http://www.enganhecubano.com), Guest of a Guest and Providence Monthly Online.*

#### 8: The Vegetarian Table - Shop | Pampered Chef US Site

*Chef Annie Somerville shares easy vegetarian recipes inspired by a cooking class she teaches at the Tassajara Zen Retreat.*

### 9: 10 Best Vegan Chefs to Follow on Instagram - Curoso

*Chloe Coscarelli has been vegan since a time when veggie burgers were still feared by the general public. Since then, she has been at the forefront of the vegan revolution: Chloe believes that vegan can still mean mouthwatering foods, and she practices what she preaches.*

*Democracy and cultural inclusion Welsh recipes with herbs and spices Tcs aptitude questions and answers 2012 Two problems in recent American poetry The Small Ecological Garden Discovering Deal (historic guide). Uganda police annual crime report 2017 Public Policy and Economic Competition Bill W. a different kind of hero In the fourth world Curriculum guideines for consumer education The aims of argument Statistics and operations research The rite the making of a modern exorcist Drawing Lines in Sand and Snow Complex Analysis (Series in Pure Mathematics) Health : prayer changes things. Factors causing globalization of business The complacent wife. Books of greg iles on files Ganesh chavithi pooja vidhanam in telugu Computational Algorithms for Fingerprint Recognition (International Series on Biometrics) The Seinfeld universe The marriage of Oceanus and Britannia Church State II (Cerebus, Volume 4) Ecclesiastical history of England Modern Supermarket Operations Nuclear facility threat analysis and tactical response procedures How to Use the Students Workbook and Training Guide Human resource management aswathapa No. 1. Mitsubishi Heavy Industries, ltd. Airframes and engines. How to respond to hazardous chemical spills The nature of the temptations Psychology of food Improve your chess by learning from the champions Deterrent diplomacy World-class diabetic cooking Be a Great Parent! Dinosaurs! (Know-It-Alls) Kermit, a file transfer protocol*