



The Non-Dairy Evolution Cookbook: A Modernist Culinary Approach to Plant-Based, Dairy Free Foods

Skye Michael Conroy

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The Non-Dairy Evolution Cookbook is a follow-up to The Non-Dairy Formulary and offers new and improved plant-based, dairy-free recipes to delight your palate. Detailed step-by step instructions are provided for creating non-dairy butter, milks and creams using a variety of plant-based ingredient options; cultured butter; cultured raw buttermilk; cultured cashew-based creams; Greek-style yogurt and sharp, tangy cultured cheeses; "instant" soymilk or almond milk-based cheeses that shred and melt; tofu-based cheeses; delicious eggless egg recipes; and delectable non-dairy desserts including puffy, gelatin-free marshmallows! Good karma never tasted so delicious! Please note that the cookbook contains no photos. As a companion reference guide, TheGentleChef.com website offers a full-color photo gallery of many of the recipes in the cookbook. A digital copy of the cookbook with full-color photos depicting the recipes is also available through the website. Allergy warning: Most of the recipes in this book involve soy, cashew nuts or almonds.

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