

[PDF] Cookin' Crunk: Eating Vegan In The Dirty South

Bianca Phillips - pdf download free book



Books Details:

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Author: Bianca Phillips

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Description:

Review "Go for a road trip through the Dirty South, vegan style. Cookin' Crunk gets me in the mood to mess up my bib with barbecue and grits!" --Isa Chanda Moskowitz, author of Vegan with a Vengeance

"With all the down-home charm and wit of the South, Cookin' Crunk proves that veganism doesn't have to stop at the Mason-Dixon Line. In this joyous salute to her roots, Bianca Phillips offers up a

mouthwatering collection of traditional Southern recipes and skillfully combines the nutrition and compassion of veganism with the comfort and decadence of good ol' Dixie." --Colleen Patrick-Gourdreau, author of *The Joy of Vegan Baking*

About the Author Bianca Phillips has been piddlin' around her mama's and granny's kitchens since she was knee-high to a grasshopper. She didn't have any fancy culinary training, but is a firm believer that great Southern chefs learn to cook from the soul. The Arkansas native and current resident of Memphis, Tennessee, has a background in journalism and works as an associate editor at the *Memphis Flyer*, an alternative newsweekly.

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