



[\*The Wicked Healthy Cookbook: Free. From. Animals.\*](#) by Chad Sarno and Derek Sarno copyright © 2018 by Chad Sarno and Derek Sarno. Photography copyright © 2018 by Eva Kosmas Flores. Published by Grand Central Life & Style an imprint of Grand Central Publishing.

**Our Summary:**

Vegans rejoice! Healthy eaters rejoice! The punchy-brother duo team that took Whole Foods Market and its prepared food line worldwide has published their first cookbook called [\*The Wicked Healthy Cookbook\*](#). The book cover alone commands attention with a cleaver center stage against a beet stained white apron that looks like something out of a horror movie. Yet in between the covers of [\*The Wicked Healthy Cookbook\*](#) you'll find more than 125 plant-based recipes that require very little

(actually no) slaughtering. These recipes are designed for the well-versed, practicing vegan that has a well-stocked vegan pantry, understands the time needed to cook or make the plant-based ingredients for the recipes, like cheeses or eggs, and nut milks, and is comfortable with online sources for buying plant based ingredients. If you are, and you do, you will find recipes here to provide meals for everyday cooking, your best dinner parties, and a little indulgence too.

**What you need to know:**

**Buy it:** [\*The Wicked Healthy Cookbook: Free. From. Animals.\*](#) by Chad Sarno and Derek Sarno copyright © 2018 by Chad Sarno and Derek Sarno. Photography copyright © 2018 by Eva Kosmas Flores. Published by Grand Central Life & Style an imprint of Grand Central Publishing, May 8, 2018 Hardcover \$30.00 ([Amazon \\$24.15](#); [Kindle \\$15.99](#))

**See it:** 320 pages, full color photographs of most of the recipes (though not all are with the recipe), plus several "how-to" photos. A Table of Contents immediately followed by a Recipes List, including page numbers. A solid introduction, memoir and then 7-pages of information on equipment and pantry staples. Finally, *The Conscious Cook's Mindset* leads the next 20 pages or so on how to cook and build flavor in the vegan kitchen.

**Make it:** Over 125 plant-based recipes for everything from appetizers to desserts, candy and juices and cocktails, plus pantry staples.

**Chef Donna's Summary:**

I don't quite know how to present [\*The Wicked Healthy Cookbook\*](#). It's a worthwhile read. It's an excellent study, not just on plant-based cooking, but on creating, extracting and introducing the best natural flavors in food. For most in the kitchen, this is a common goal. But the



messaging here is confusing. A slaughtered beet is on the cover, though the introductory text says the authors are “plant-pushers” not “meat-shamers.” They say, “healthy food doesn’t have to taste like sh\*\*t,” implying that it normally does? They have actor Woody Harrelson write the *Forward* anecdotally describing how the authors travel with him around the world to movie sets to cook him the best natural ingredients, which at least in my world isn’t mainstream. Still, I can’t put this book down, and I can’t stop longing for the opportunity to invest in the ingredients to cook from it.

The authors say the goal is 80% healthy eating combined with 20% wicked indulgence gets you 100% sexy. I’d say most of the world understands that premise. But for most, a lot of the recipes in [The Wicked Healthy Cookbook](#) may be unattainable; many ingredients are not common to mainstream grocery stores. That said, the *Almond Meringue Cookies* made with *Plant-based Meringue* requires the aquafaba (juice/sauce) from a can of chickpeas, cream of tartar and sugar, almonds and almond extract. Easy and done.

[The Wicked Healthy Cookbook](#) admits at the outset that nutrition is confusing and complex. What the authors convey, and convey well in their text, if not necessarily the recipes, is that a common sense approach to healthy eating and a vegan-diet shouldn’t be hard. The two guiding principles of these recipes are flavor and plants, and the authors managed to pack in as much of both as possible.

[The Wicked Healthy Cookbook](#) opens with a thorough list of equipment which is standard in any kitchen, but does include things like a tortilla press, silicone chocolate egg molds, for plant-based eggs, a dehydrator, and a juicer. If you’re already a dedicated vegan, your pantry should be sufficiently stocked. If you’re dabbling in the vegan world, be prepared. Vegan pantry staples are expensive, and do not act or cook like the foods you are used to. Still, the Sarno brothers are detailed and thorough in their recipes so you know what to expect along the way.

Regardless of your dietary preference, [The Wicked Healthy Cookbook](#) includes recipes like *Potato and Cauliflower Bisque*, their famous *Spicy Coconut Corn Crack*, *Roasted Beet Salad with Citrus and Tarragon Cashew Cream* and *Nicoise Salad with Plant based Eggs and Olive Dirt* that make you want to roll up your sleeves and invest the time to cook. For quick weeknight dinners, there’s tacos of every kind, *Cacio E Pepe with Lemon Chive Butter and Pink Peppercorns*, *Pizzas*, and *Barbecued Maitake Steaks*, that look as every bit delicious as they sound. And yes, manageable enough for weeknight dinners, as long as you’ve done your prep the weekend before.

The most compelling piece of [The Wicked Healthy Cookbook](#) is (or should) be the chapter titled *Healthy food doesn't have to taste like s\*\*\**, where the Sarnos discuss how to change up taste by choosing the right ingredients, going easy on process sugar, salt, and fat, hitting all the other



flavor buttons with acidity (think vinegars and lemons) and then adding aromatics. But that's the game of cooking, regardless of the cooking platform. And, while cooking from this book is not for everyone, reading this book should be. [The Wicked Healthy Cookbook](#), though a bit preachy, does thoughtfully and purposefully demonstrate how to creatively use what is available to us in its most natural form. And that results in naturally delicious tasting and looking food. Period

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[King Satay with Spicy Peanut Ginger Sauce](#)

[Corn Dumplings in Coconut Corn Broth](#)

[Almond Meringue Cookies \(with plant-based meringue\)](#)