



[*Chloe Flavor: Saucy, Crispy, Spicy, Vegan**](#) by Chloe Coscarelli. Copyright © 2018 by CKC Sales, LLC. Photographs copyright © 2018 by Christina Holmes. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC. Provided to [Now That's A Mouthful](#) for promotional consideration.

Our Review:

Good food is good food, and if you consider [Chloe Flavor](#) as a means to getting good flavorful food on your table, regardless of your dietary preferences, you'll be delighted by this book. If you like to cook, or want to expand your repertoire; if you're insatiably curious in the kitchen and about food (like me) you'll

love creating bacon made with shiitake mushrooms, butternut mac and cheese, substituting nuts not milks for creams and dairy cheeses.

What you need to know:

Get it: [Chloe Flavor: Saucy, Crispy, Spicy, Vegan](#) by Chloe Coscarelli. Copyright © 2018 by CKC Sales, LLC. Photographs copyright © 2018 by Christina Holmes. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC, March 6, 2018 – Hardcover \$27.99. ([Amazon \\$17.65](#); [Kindle \\$14.99](#))*.

See it: 272 pages with color photographs of each recipe. The book is broken out into basic chapters that move through each daily eating opportunity such as *Breakfast & Brunch, Snacks & Sides, Sandwiches, Burgers & Tacos, Bowls & Plated Dishes, and Desserts*, with a chapter on *Cocktails Smoothies & Drinks* thrown in for good measure. The index is cross-referenced by both ingredient *and* title of recipe, which helps you land on exactly what you're looking for. New to vegan cooking? *The Vegan Kitchen* takes you through needed and necessary ingredients, along with tips for buying and using; the short list of needed equipment includes standard housewares (food processor, high speed blender, parchment paper, etc.)

Make it: About 110 recipes, a larger percentage with component condiments or garnish recipes included. One vegan recipe for a dog-treat, is included.

Chef Donna's Review:

Had [Chloe Flavor: Saucy Crispy Spicy Vegan](#) been named *Chloe Flavor for Everyone*, you'd basically be holding the same book. Okay... maybe not, but therein is the subtle most important point about this cookbook. Good food is good food. And whether or not a *vegan*

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plant-based lifestyle is your chosen lane, there are over 100 recipes in this book that are palatable, adaptable and manageable for your everyday eating.

Chloe Coscarelli's [4th cookbook](#) continues to engage home cooks since her flavorful vegan recipes that won *Cupcake Wars* brought her to the national spotlight in 2012 with [Chloe's Kitchen: 125 Easy, Delicious Recipes for Making the Food You Love the Vegan Way](#). Following up with [Chloe's Vegan Desserts More than 100 Exciting New Recipes for Cookies and Pies, Tarts and Cobblers, Cupcakes and Cakes--and More!](#) and [Chloe's Vegan Italian Kitchen: 150 Pizzas, Pastas, Pestos, Risottos, & Lots of Creamy Italian Classics](#) you may wonder what else a vegan might need? Coscarelli answers that question in this book: *home-cooked meals that spark intimate conversations and connect you to friends and family gathered at your table in an endorphin-releasing kind of way.*

[Chloe Flavor](#) will make you think twice as to why you care whether the food you're cooking is labeled vegan. Opening with *but first, Breakfast & Brunch* and her *Cinnamon Roll Pancakes and Homemade Cocoa Puffs* and her *Breakfast Scramble with Maple Sausage Links* you already know you can find something to cook from these pages. Her *go withs, Snack & Sides* chapter include an *Artichoke Garlic Bread with vegan Parmesan, Goldfish Crackers, and Pumpkin-swirl Mashed Potatoes with Country Gravy*. Other than the vegan margarine, which in some cases olive oil is a fair substitute, the only ingredient that you might wrinkle your nose at – if you're non-vegan – is the [nutritional yeast flakes](#), easily located both [online](#) and in most grocery stores. And, since Coscarelli uses these flakes prolifically throughout [Chloe Flavor](#), they won't take up space in your pantry for very long.

It's the approachability of the food in the opening chapters that queues up what's to come in [Chloe Flavor](#): *Potato Leek Soup* and a *Sweet Corn Chowder* that are vegan, but as mainstream as delicious seasonal soups come; delicious burgers, sandwiches (including a *Bacon Lover's BLT* – yes... bacon in the form of *seitan*), and a *Meatball Parm* sub that turns beets, rice and seitan into meatballs and raw cashews into a *mozzarella sauce*. Her *oh, the pastabilities! Noodles & Pasta* chapter is perhaps her best work. *5-ingredient Kale Pesto-Pasta, Corn Carbonara, Easy Pad Thai, Spicy Rigatoni Vodka, and a Butternut Mac with a Smoky Shiitake Bacon* that could go toe-to-toe with any cheesy mac you'd put next to it, emphasize that the changes needed to adopt the vegan plant-based lifestyle are essentially minimal. It's the same food we love, and love to cook, and any table of hungry people would welcome those plates and never know the difference!

Perhaps that's why I had a hard time writing this review. I kept thinking I was reviewing a "vegan" cookbook, but despite my carnivore tendencies, my pantry and fridge (save the nutritional yeast flakes, tofu, tempeh, and seitan) are stocked well enough to cycle through these recipes. And for most – vegan, vegetarian, gluten-free, dairy-free and, yes, even

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carnivore, the substitutions to satisfy *your* eating platform are easy and obvious, and in some cases (especially gluten-free) spelled out for you.

I've indulged in a few recipes from [Chloe Flavor](#) without ever having to adapt or change the ingredient list, though I know I'll cook her *Thai Red Curry Bowl* adding my own brand of protein, mostly because her curry takes minutes versus most that take hours. And while I'm not ever a fan of someone who writes a book and says they include 'gluten-free' options only to write 'use gluten-free ingredients,' we are fortunate to live in a modern world of industrialized food and grocery stores that understand their customer's needs for a variety of dietary platforms. So they make them; so they stock them. Gluten-free ingredients and vegan ingredients are virtually common-place. Easy and done.

If there's an issue to have with [Chloe Flavor](#), it's mine. I don't agree with naming recipes what they're not. Mac and cheese is not made with cheese; Shiitake *bacon*, is not bacon, and *meatball parm* subs include neither meat nor parmesan. And, while these names are comfortingly familiar, it still seems incongruent, at least to me, to name a food not present in the food.

Maybe that's at the heart of the [Chloe Flavor](#) revolution. Maybe it's time to redefine what bacon is - a combination of flavors, not a protein. But, when it comes to food, and good flavor, [Chloe Flavor](#) has it, and has it in spades. Recipes that are friends and family worthy, easily adaptable to your dietary platform, and made from a pantry already filled with common ingredients, are what make this book a page-turner. Not to mention meals that are stress-free and invite you to relax – with people – for a meal. And that may just inspire you into your kitchen.

RECIPES TO COOK FROM [Chloe Flavor: Saucy, Crispy, Spicy, Vegan*](#) by Chloe Coscarelli. Copyright © 2018 by CKC Sales, LLC. Photographs copyright © 2018 by Christina Holmes. Reprinted with permission from Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

[5 Ingredient Kale Pesto Pasta](#)

[Artichoke Garlic Bread](#)

[Butternut Mac with Shiitake Bacon](#)

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