



# Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed

*Bryant Terry*

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**African, Caribbean, and southern food are all known and loved as vibrant and flavor-packed cuisines. In Afro-Vegan, renowned chef and food justice activist Bryant Terry reworks and remixes the favorite staples, ingredients, and classic dishes of the African Diaspora to present wholly new, creative culinary combinations that will amaze vegans, vegetarians, and omnivores alike.**

Blending these colorful cuisines results in delicious recipes like Smashed Potatoes, Peas, and Corn with Chile-Garlic Oil, a recipe inspired by the Kenyan dish *irio*, and Cinnamon-Soaked Wheat Berry Salad with dried apricots, carrots, and almonds, which is based on a Moroccan tagine. Creamy Coconut-Cashew Soup with Okra, Corn, and Tomatoes pays homage to a popular Brazilian dish while incorporating classic Southern ingredients, and Crispy Teff and Grit Cakes with Eggplant, Tomatoes, and Peanuts combines the Ethiopian grain teff with stone-ground corn grits from the Deep South and North African *zalook* dip. There's perfect potluck fare, such as the simple, warming, and intensely flavored Collard Greens and Cabbage with Lots of Garlic, and the Caribbean-inspired Cocoa Spice Cake with Crystallized Ginger and Coconut-Chocolate Ganache, plus a refreshing Roselle-Rooibos Drink that will satisfy any sweet tooth.

With more than 100 modern and delicious dishes that draw on Terry's personal memories as well as the history of food that has traveled from the African continent, *Afro-Vegan* takes you on an international food journey. Accompanying the recipes are Terry's insights about building community around food, along with suggested music tracks from around the world and book recommendations. For anyone interested in improving their well-being, *Afro-Vegan's* groundbreaking recipes offer innovative, plant-based global cuisine that is fresh, healthy, and forges a new direction in vegan cooking.

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