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# Street Vegan: Recipes And Dispatches From The Cinnamon Snail Food Truck



## Synopsis

Meatless meals revamped by the Cinnamon Snail, the vegan food truck with a cult following. What's the secret behind the Snail's takeover of New York City streets? In all kinds of weather, vegetarians, vegans, and omnivores alike queue up for addictive vegan cuisine from truck owner Adam Sobel. Now Adam brings his food straight to your kitchen, along with stories of the challenges of working on a food truck while still finding ways to infuse food with imagination, love, and a pinch of perspective. Street Vegan brings the energy and passion of the Cinnamon Snail's creative cooking from truck to table, including: **Breakfasts:** Fresh Fig Pancakes, Fried Dandelion Greens with Lemon Garlic Potatoes, Poached Pear-Stuffed French Toast **Beverages:** Vanilla Sesame Milk, Cucumber Ginger Agua Fresca, Peppermint Hot Chocolate **Soups and Sandwiches:** Korean Kimchi Soup, Jalapeño Corn Chowdah, Brown Sugar-Bourbon Glazed Seitan, Gochujang Burger Deluxe **Veggies and Sides:** Lemon-Soy Watercress, Maple-Roasted Kabocha, Horseradish Mashed Potatoes **Desserts and Donuts:** Roasted Mandarin-Chocolate Ganache Tart, Pine Nut Friendlies, Rum Pumpkin Chiffon Pie, Vanilla Bourbon Crème Brûlée Donuts, Cinnamon Snails **ADAM SOBEL** is the chef and owner of the four-time Vendy Award-winning vegan food truck the Cinnamon Snail. He has appeared on Food Network and PBS and has written about vegan food for Vegetarian Times. He teaches vegan cooking classes at the Institute for Culinary Education in New York. When he's not on the truck or in the kitchen, he and his vegan family can be found in Red Bank, New Jersey usually practicing yoga and snuggling with their doggies.

## Book Information

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## Customer Reviews

“I’ve never loved waiting in line so much. You always know at the end of it there’s gonna be seitan, doughnuts, and laughs. And now we don’t even have to wait! We can make those killer sandwiches in our own homes!”  
—Isa Chandra Moskowitz, author of *Isa Does It*  
“Adam’s unique, crazy, and genius take on vegan food makes both omnivores and herbivores stand up and cheer!”  
—Chloe Coscarelli, author of *Chloe’s Vegan Italian Kitchen*  
“As a classically trained chef and omnivore, I’ve always known that vegan food is healthy—but the enduring question for me was whether it can be delicious.” If Adam Sobel is the chef, the answer is yes. In *Street Vegan*, he explodes the stereotype that vegan food is one-dimensional, with recipes that are cosmopolitan, thoughtful, and helpful to anyone stuck in the same-ten-dishes rut.  
—Sara Moulton, host of the public television show *Sara’s Weeknight Meals*

Adam Sobel is the chef and owner of the four-time Vendy Award-winning vegan food truck the Cinnamon Snail. He has appeared on Food Network and PBS and has written about vegan food for *Vegetarian Times*. He teaches vegan cooking classes at the Institute for Culinary Education in New York. When he’s not in the city, he and his vegan family can be found in Red Bank, New Jersey—usually practicing yoga and snuggling with their doggies.

If you’ve ever been to the Cinnamon snail, you know that their food is amazing. They ranked #1 place to eat in New York and #4 in the entire US on Yelp for 2014 and have a plethora of other awards. Adam Sobel is a culinary genius, and I do not say this lightly. This book has been the most highly anticipated cookbook on my list since 2011, because the snail has never produced anything that I didn’t LOVE. I’m pleased to report that the book is no exception!! I was worried that the food wouldn’t taste as delicious as the food truck. Like the seitan, which could fool many carnivores. And oh, did it go above and beyond my highest expectations! Never has homemade seitan been so delicious. As soon as the book was virtually delivered to my eagerly awaiting paws, I ran out to 24-hour Walmart to buy ingredients. The index, which you can view before buying the book, is positively delicious. I didn’t see a single thing I didn’t want to eat. Skimming through the index for the first time, I was extremely pleased to see the Vanilla Bourbon Creme Brulee donuts, which is one of their best sellers. That’s where I started, because these donuts are from heaven. Crunchy, soft,

sugary warm deliciousness... and my first try was just as good as from the truck. I will be making them at all of my future family holidays. I also made the Broccoli Beer Soup, Peking Seitan Bao Buns, Blueberry Lemon Cheesecake. I'll post pictures tonight. Everything was heavenly. I didn't even know I was capable of making food so delicious. This book is a total game changer for my home menu. I cannot wait to try all of the other recipes. As I was cooking, I read through the intro and got lots of warm fuzzies reading about how and why Adam learned to cook. So sweet. One thing that I was worried about was that it wouldn't include some of my (less popular?) seasonal favorites. And although the book doesn't have some specific seasonal recipes such as my all time favorite Hickory BBQ Seitan Sub, it does have all the elements there to make it, albeit with a little searching. The original sandwich on the menu read as follows: Hickory BBQ Seitan with Bourbon Braised Garlic Marinated Kale, Caramelized Onions, Coconut Bacon, and Horseradish Cream. I used the following recipes to duplicate the sub of my dreams: Brown Sugar Bourbon Glazed Seitan (132) with a few tablespoons of added BBQ sauce, Bourbon Blanched Mustard Greens (187) sub baby kale, added garlic and caramelized onions. I adapted the horseradish cream from the horseradish mustard cream in the perogie recipe and the aioli listed for the recipe. And I used this (Coconut Bacon (2 Pack/Bags) - Enjoy Crunchy Coconut Chips With A Bacon Flavor - Gluten Free and Vegan Friendly Snack Food!) for bacon. It was just divine. Buy this book. Never eat another animal product again. I'll continue to update as I try each recipe.

Paul's wife here and all I can say is WOW! so glad I found Mr. Sobel's book. His recipes are playful (ginger island tofu with coconut mashed yams and fried ginger), fun (raspberry coconut frou frous) and most importantly, delicious. I also feel like I got to know Mr. Sobel through his 'food truck dispatches' and again through his recipes, so the book is more than a normal cook book, it's a fun read too. Onto the recipes: As with all cooking you have to layer flavors to achieve that certain thing called deliciousness and in vegan cooking I believe it's even more important; fortunately for us, Mr. Sobel knows what he's doing. To that end though you have to work a little more for this desired tastiness, so be prepared to spend a little time making these dishes. But the time spent is very much worth it. His flavor combinations give the recipes depth and complexity; he knows how to make food taste really, really good. The maple mustard seitan strips are just amazing, as is the cheesy broccoli beer soup with smoky sunflower chorizo and the brown sugar bourbon glazed seitan with ancho chili aioli is killer--in fact, got to go make some more of that tonight since I just made myself hungry thinking of it. Some reviews have mentioned the ingredients sometimes being hard to find, but hello? you're leaving a review on [where you can buy chestnut flour with one click](#) :) Mr. Sobel gives

you a good baseline to start from with his vegan pantry chapter, so you know ahead of time what you should keep on hand. Only thing I don't have and probably won't buy is a dehydrator since there are some raw recipes as well. Bottom line, be prepared to amaze yourself in the kitchen.

There are some excellent recipes in this book but it certainly isn't for a novice vegan cook. Many of the ingredients may prove difficult to find in your standard supermarket although if you have some experience cooking plant-based you can figure out what to substitute if you really need to. Although I admire Adam Sobel's proven success as a vegan chef, I would caution anyone thinking about getting this cookbook as a gift for someone "considering eating more plant based" because a constant reminder of the authors culinary prowess may be enough to alienate the uninitiated. Additionally, since the recipes tend to be food-truck type cuisine, you can expect each recipe to contain multiple mini-recipes and may be unsuitable for a quick weeknight dinner.

The recipes in this book have alluring and mouth watering titles and photos but I have been frustrated using the book. Either the recipes are terribly unhealthy or there are tons of conversion errors from when they downsized their recipes. For example the miso teriyaki seitan recipe calls for 1 cup of oil and 2/3 cup of agave in the sauce for three sandwiches! That can't be right. The garnish ratios seems off to- for example making 3 cups of curried cashews for three sandwiches. I also found the broccoli soup was pink- perhaps the quantity of smoked paprika was off. In summary, I can only use this book for inspiration, I don't trust the recipes as being accurate. They should have been tested more.

I've made 5 recipes (Kimchi, Korean Kimchi Soup, Miso Teriyaki Seitan Sandwiches, Gochuang Burgers Deluxe, and Raw Raspberry Chocolate Fudge Tart) and they were delicious. Lots of flavor!! Nothing mild or dull so far. The recipes were easy to follow but had a lot of steps and were time consuming. Some of the ingredients took some effort to find (Korean ground Chile, brown mustard seeds, glutinous rice flour, micro-greens), but the results were worth the effort. This is a cookbook for a vegan with an adventurous spirit! One recommendation I have is to definitely include any ingredient the author lists as "optional." I've found that the optional ingredients take the recipes from "really good" to "awesome."

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