

[Abbot George Burke](#)

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Product Description

The abbot of the Holy Protection Orthodox Monastery presents some 1,400 vegan vegetarian recipes that use no dairy products or eggs, including delicious main courses and soups, as well as bean, grain, lentil, and vegetable dishes.

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Customer Reviews

Simply Heavenly!: The Monastery Vegetarian Cookbook rated 5.0/5.0 based on 3 ratings 3 reviews

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please please PLEASE reprint this book, after reading so many great reviews I decided that I must have it!! And through much searching I found it at icon book store. I was so happy. I mean, to be honest I LOVE meat, however, I'm vegetarian for religious and health reasons. So when I saw someone say that they showed you how to make fake meat. I jumped at the chance!! This book is excellent!! No more spending lots of money on already processed veggie meats. I'm so happy. I love this book!!! If u fin

2000-01-05T15:11:13+00:00 **Robert Clark** rated 5.0/5.0:

This is truly a great book! There is a new 2nd edition out, so this book is back in print! Yeah! The title is the same, but it has the words Revised 2nd Edition across the top. This cookbook is a must for anyone wanting to eat or experiment with vegetarian cuisine. They are many fabulous recipes for

making your own meat substitutes (pork, turkey, beef, chicken, ham, bacon, eggs, ice cream, and sausages), step by step directions to make make your own Tofu and Wheat Gluten, as well as a multitude of simply am

2001-06-05T13:07:29+00:00 **drinkthepoison** rated 5.0/5.0:

I've been a vegan for 7 years. When I started out, I bought a ton of cookbooks. Now, this is the ONLY one I need. The recipes are easy and things I actually like to eat! Most vegan/vegetarian cookbooks are composed entirely of things with ingredients like avocado, eggplant, weird stuff I've never heard of, and always whole wheat everything, with a major lack of flavor and many recipes that don't even turn out! This book, on the other hand, has EVERYTHING, from interesting new exotic stuff, to

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