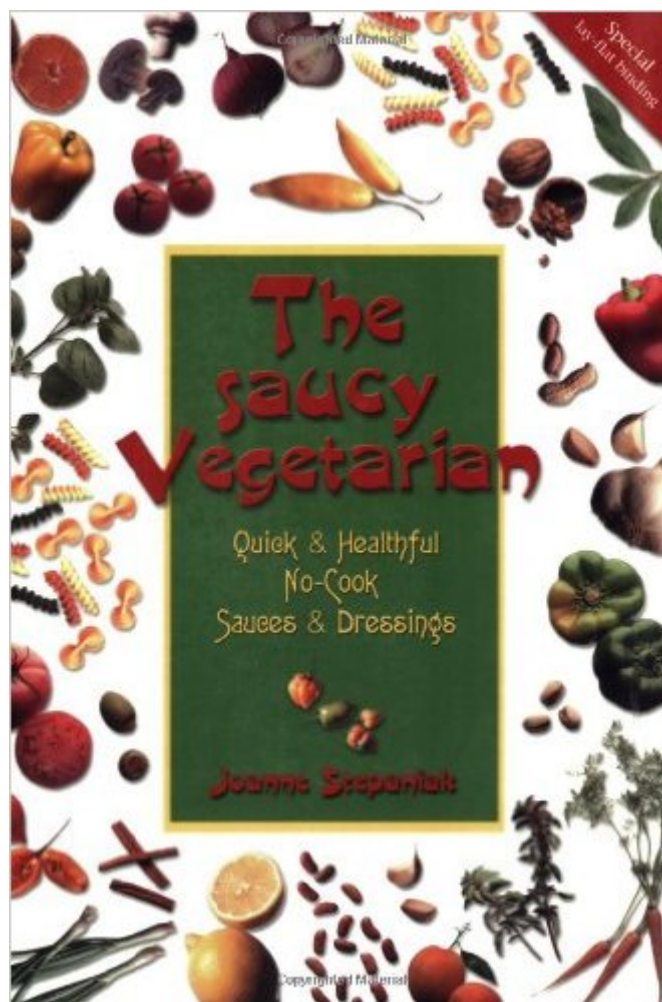


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# The Saucy Vegetarian



## Synopsis

With this guide, learn the secrets of making either hot or cold no-cook sauces, from curried to Italian style, sweet or spicy, smooth or chunky, that will make any meal out of the ordinary, more nutritious and mouthwatering.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #321,985 in Books (See Top 100 in Books) #63 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Sauces & Toppings](#) #452 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#) #997 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

## Customer Reviews

I have several shelves full of vegan and vegan-friendly cookbooks. The Saucy Vegetarian is one of my favorites, not just for the delicious 100% vegan recipes, but for the creativity it inspires. The recipes generally involve processing about 6 to 8 no-cook (with occasional stove-top roasting) ingredients in the blender, and in some cases a food processor. Using this simple technique, I've made many awesome sauces and dressings, both Jo Stepaniak's recipes, and variations based on her recipes. A couple of ingredient substitutions I make that work well are 1 tablespoon chopped onion for each teaspoon powdered onion, and 1 teaspoon maple syrup for each teaspoon sugar. Unlike Jo's earlier works, some of these recipes call for sugar rather than a more natural, lower glycemic index sweetener. Fortunately, this isn't a problem as the maple syrup works fine, and there is a section listing recommended sweeteners and describing how they work in recipes. My favorite recipes from the book include:

- \* Instant Alfredo Sauce - Very cheesy and smooth. And you would never know it contains only 13 calories per tablespoon and 0 grams of fat!
- \* Walnut Pesto Sauce - Delicious and very quick to make. No need to chop the walnuts first, just pile them high in the measuring cup. Works well with 1 to 2 teaspoons of Bragg Liquid Aminos (similar to soy sauce) in

lieu of the salt and water.\* Carrot-Dill Sauce - I add a secret ingredient of celery seed and cut down on the water a bit for a thicker sauce. Delicious over rice and vegetables.\* Tahini, Tamari & Onion Dressing - I was afraid when I first made this raw onion dressing it would be overpowering, but the tahini and olive oil combine with the onion to make a mild oniony dressing that won't make your eyes tear.

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