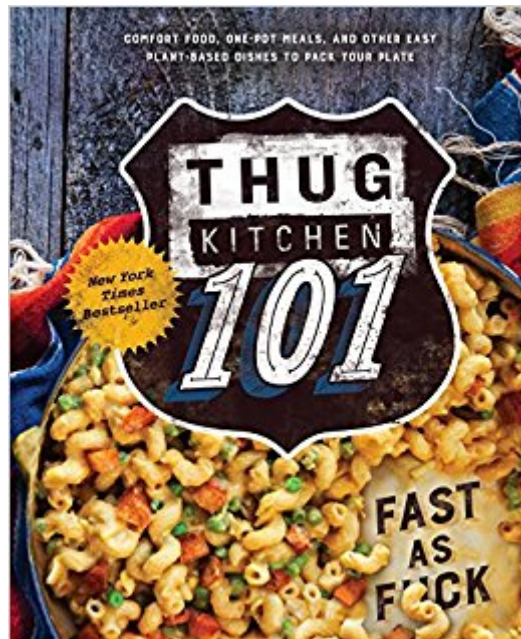




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Thug Kitchen 101: Fast As F*ck



Synopsis

The creators of the New York Times bestselling cookbook series Thug Kitchen are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. Thug Kitchen 101 includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the f*ck you're cooking. This kickass kitchen primer also serves up health benefits and nutrition to remind everyone, from clueless newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and pocketbooks.

THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? Thug Kitchen's here to fix that sh*t: All recipes in TK 101 are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumble home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy bullsh*t. Just delicious, healthy, homemade food for all the full-time hustlers out there.

"Thug Kitchen backs up its bluster with good, solid recipes." • New York Times "Funny, self-aware, and full of delicious-looking recipes that I want to make right this second." •

Epicurious.com "F*cking delicious." • Popsugar.com

Book Information

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Customer Reviews

Thug Kitchen blew up the Internet back in 2012, when they first began blogging. Their first cookbook was an instant #1 New York Times bestseller and their second book was an instant New York

Times bestseller as well. They are based in Los Angeles, CA.

I accidentally stumbled upon the first Thug Kitchen a couple of years ago and have been a fan ever since. For years vegan cookbooks had been -well a little boring, sometime pretentious, often filled with things that non vegans will simply not eat and require an expensive trip to a specialist store to stock up on weird ingredients you would probably never use again. Thug Kitchen changed all that. Beginning with the elephant in the room, the language. If you are easily offended, if you're a F-Bombs • make your blood boil, then simply steer clear. This book is in your face, as offensive and as full of expletives as it is recipes. As a look inside • feature that really helps immerse you in the tone of the book so you know if it's for you or not. I write this as every time a Thug Kitchen book comes out; someone buys it then complains about it. That would be akin to me buying a book about butchery and complaining about the lack of vegan recipes. Personally none of this bothers me as I buy it for the crazy good recipes!! On that note, these recipes are not only good, but fast. Designed to break people of the take out mentality, and showing you that in the time it takes for the pizza boy to ring your doorbell, you can make your own food -that is simple, fast, tastes good and it's good for you, aka you know what is in it, whereas with take out, you do not. Oh yeah, and it's also vegan. It begins with a roadmap to good health, with some mild boggling but real statistics about what we as a nation are consuming; and the outcomes of that. It's loud, crude and might be a good go to for someone that is simply not going to read something that comes across as scolding or nagging, but just fact based. Then continuing with the road analogy, it takes us on a trip through 6 main stops: Riding shotgun (salsas, sides and small bites); Freshen the **** Up (salads and slaws); Hot box (soups and stews); Open Road (noodles, grains and mains); Cruise Control (smoothies, drinks and cocktails); finishing with call it a night -the dessert section. I had already tested out some of the recipes thanks in part to the sneak peak on and the fact that I had submitted a copy of my preorder receipt and been made privy to a few of the featured dishes. I began with the crispy fennel, partly because I had a fridge full of fennel unused from a dish I never got around to, and partly because I had tried a dish like this as a Gastro Pub a few years ago and loved it. Prep time was less than 10 minutes, cook time was 25 minutes and it had less than 6 ingredients. It was super simple but really, really good. I also tried their take on split pea soup, and again found it simple and tasty. One of those dishes that it is good to come home to knowing all you have to do is heat it back up! The dishes are hearty, taste good and there are many options that replicate traditional meal dishes, but in a healthier way that will still appeal to both vegan and meat eaters alike. On our family we have both and have been able to use this and the

other Thug Kitchen Books with no complaints from those eating and enjoying the food. There is truly something for everyone and each dish is designed to be fast, to taste good and can be made with things you either have on hand, or can find in any regular grocery store. It's a great choice if you are looking to get healthy and want a few meat free dishes, but still want an easy, tasty meal; or for those vegans just looking for something new and fun! Once again I am a fan! Keep the books coming Thug Kitchen as we love the food and love the book!

The recipes are all natural and most of them taste great. They are definitely not as fast as the cover would imply. Most of them require 30-45 min prep work before you can even begin the recipe. If you're looking for a plant based diet then this book is great. If you're looking for quick recipes then you should keep shopping.

Great recipes. There's quite a bit of profanity but it doesn't really bother me. Some of it is funny, except when they use God's name. I ordered all 3 of their books. The recipes are fantastic!

Been waiting for a while for this to come out. Good recipes, good commentary, just plain good advice! Eating like you give a damn is the best way to eat! Now I just need to get their other books!

My all time favorite cook book, all of them are wonderful I own all three.

Thug kitchen kills it again! I made large batches of a few of their soups and froze them, and they all turned out great! I can't wait to try all their other recipes.

AMAZING! Great recipes. Tells you how much time, and shows gluten free options as well. Super entertaining as well as tasty. Not things I could've found on Pinterest or come up with on my own.

I love their books--entertaining read as well as tasty recipes!

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