

# Veganize It Bermudian Comfort Food

Bermuda, famous for its stunning pink beaches and crystal clear waters, is also a paradise for food lovers. One of the highlights of Bermudian cuisine is its comfort food, known for its flavorsome combinations and unique twists. However, for those following a vegan lifestyle, it may seem challenging to enjoy the traditional Bermudian dishes.

## Veganizing Bermudian Comfort Food

Fortunately, with the growing popularity of plant-based diets, vegan options have become more accessible in Bermuda. Local chefs and food enthusiasts have been innovating and coming up with creative ways to veganize beloved Bermudian comfort dishes without compromising on taste or texture.

## The Vegan Bermuda Fish Chowder

The traditional Bermuda Fish Chowder is a deeply flavorful soup that combines various fish, vegetables, and spices. To create a vegan version, chefs replace the fish with hearty ingredients like lentils, mushrooms, or tofu. The rich broth is flavored with aromatic herbs and spices, offering a satisfying and comforting experience.



## Veganize It: Bermudian Comfort Food

by Ilona Perry ([Print Replica] Kindle Edition)

★★★★☆ 4 out of 5

Language : English

File size : 2728 KB

Screen Reader : Supported

Print length : 77 pages

Lending : Enabled



## **Plant-Based Codfish and Potatoes**

Codfish and potatoes is a classic Bermudian comfort dish that usually includes salted codfish. However, vegan chefs have successfully recreated this dish using marinated tofu or tempeh. By seasoning the tofu or tempeh with a blend of herbs and spices, they mimic the flavors of the traditional recipe while providing a protein-packed, plant-based alternative.

## **Vegan Bermuda Hot Cross Buns**

Hot Cross Buns are a staple during Easter in Bermuda. These soft and sweet buns are traditionally made with milk, eggs, and butter. However, vegan versions can be created by substituting dairy milk with nut milk and using plant-based butter alternatives. The result is a batch of delicious, moist buns that are equally enjoyable for vegans and non-vegans alike.

## **Where to Find Vegan Comfort Food in Bermuda**

Many restaurants in Bermuda have started dedicating sections of their menus to vegan and vegetarian options, ensuring that visitors and locals can enjoy the comfort food they love. Additionally, there are specialized vegan eateries that focus solely on providing delectable plant-based dishes. Some notable places to explore include "The Vegan Shack," "Plant Based Paradise," and "Green Leaf Café."

Veganizing Bermudian comfort food has become easier than ever before, thanks to the culinary passion and creativity of local chefs. Whether you are a vegan looking to explore the flavors of Bermuda or a curious food lover seeking a

unique culinary experience, don't miss the chance to try out these vegan comfort food options during your visit to this beautiful island.



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Veganize It is a collection of veganized Bermudian favorites such as cassava pie, fish(less) chowder, and baked mac and cheese. Now you can enjoy your comfort foods without damaging the planet, compromising your health, or causing suffering to animals. Check out the delicious and nutritious recipes contained within! For every book sold, a tree is planted through [www.carbonfund.org](http://www.carbonfund.org)



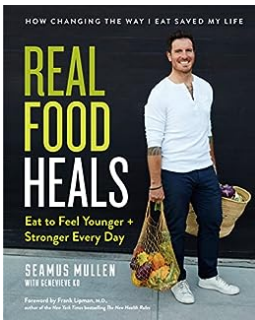
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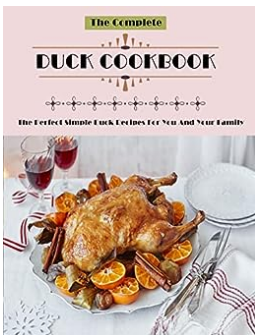
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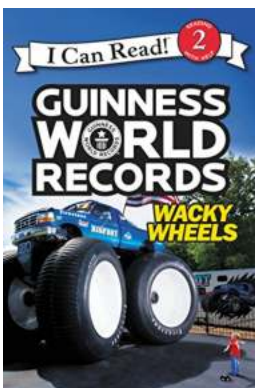
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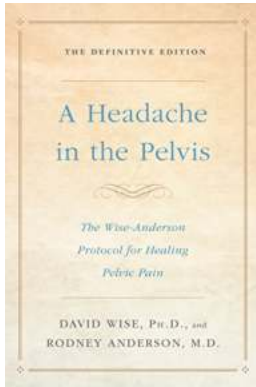
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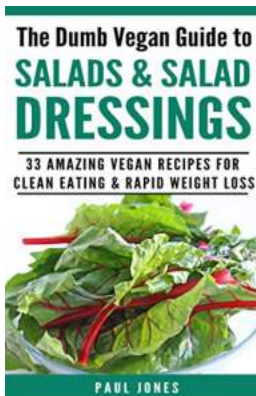
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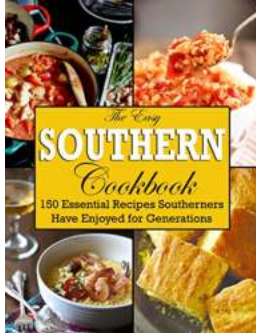
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