

EVEN Interview with Brian P. McCarthy

- Vegan Cookbook Author
- Cooking Instructor
- Chef

***Chef Brian McCarthy** grew up in Portland, Oregon, graduating from David Douglas with a focus on food service. He then completed a two-year culinary school program through Clark College in Vancouver, WA. In 1995 he turned to a vegan diet and began to explore the world of vegan cooking as a chef.*



Brian ran a vegetarian/vegan international café station for Intel, and prepared dishes for catered events attended by CEOs, mayors, house representatives, senators, and the newly elected Barack Obama.

*In 2012 Brian moved to Massachusetts to be a Chef for the **Bon Appétit Management Company at the Massachusetts Institute of Technology**, and became an instructor for **The Cambridge School of Culinary Arts**.*

*Brian is pleased to announce the release of his second vegan cookbook: **The Global Vegan Family Cookbook** (Lantern Books)*

[Visit Brian's blog for more insight.](#)



EVEN: How did veganism become part of your life?

Brian: In 1995, after learning about the downfalls of the typical American diet, my spouse and I wanted to start eating healthier. We decided to eliminate meat, eggs, and dairy. At the time we had no idea our new diet had an actual name. When we first started hearing the word "vegan," we did not know what it meant, or even how to pronounce the word.

EVEN: Who was an influential person in your life earlier on that led you to veganism?

Brian: My spouse. She was working in the health food department of a grocery store. She became increasingly educated about the nutritional content of foods, and started substituting meat, dairy, and eggs with whole grains, soy products, and other nutritional powerhouses. She has always been an extremely compassionate person who is not afraid of doing what is right even if it is inconvenient or less easy.

EVEN: What advice would you give to a vegan advocate wanting to become more of an activist?

Brian: Start by being a good listener. It is easier to talk to someone about a vegan diet if they first come to you. Find out what their motivation for change is, then tell them what you have learned. And let them know they can make a difference.

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EVEN: What do you think makes veganism hard for people?

Brian: Taking on something new can be challenging, especially with how busy our lives can get. There are tons of vegan options in the stores and online now, which make it easier. But wouldn't it be great if you could walk into any restaurant and count on 95% of the menu items being vegan and that the other 5% had an animal icon next to it instead of the other way around!?

EVEN: What, in your opinion, is the most misunderstood idea about veganism?

Brian: That vegan food doesn't taste good.

EVEN: What one thing from your thinking in childhood do you wish you could change?

Brian: I wish I could have known the true scientific facts on food. How it is made, the resources needed, the effects on the environment and your body, and alternatives to the food pyramid I learned in school.

...just because everyone else is doing it
doesn't make it right.

EVEN: If you were to mentor a younger person today, what guidance might you offer? What encouraging words might you share with a newbie?

Brian: That they have options. That it is okay to be different. And that just because everyone else is doing it doesn't make it right. Don't get discouraged. You can be as private about your diet as you wish. You will find most people today are quite understanding about your personal choice and most will envy you, if not now, then when they are older and begin to have health issues.

EVEN: Do you have a favorite vegan meal or food you can tell us about that really makes veganism work for you?

Brian: I love **Roasted Garlic Pesto Pasta**. At work I get to cook what I want for the students. If I happen to be making **Chana Masala, Black Lentil Daal, Whole Grain Naan Bread, and Brown Rice** for dinner and that just happens to be what I myself felt like eating for dinner...then I am sure it is just a coincidence...

EVEN: What one thing makes veganism worthwhile for you?

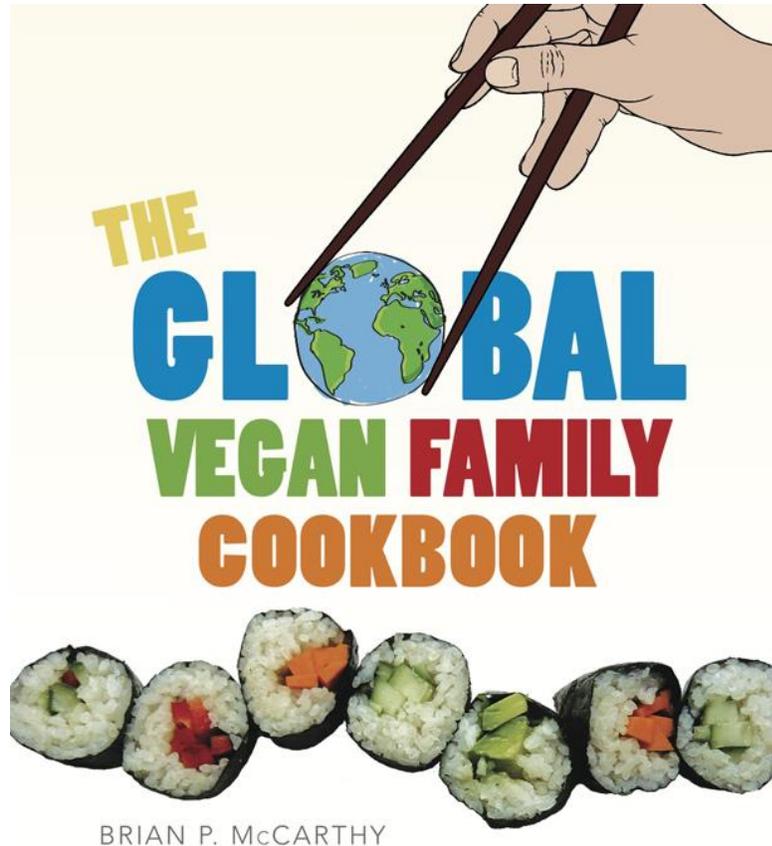
Brian: I believe I am going to live a long and healthy life, and I know my choices are not just benefitting me.

EVEN: Any opinion or insight on the future of veganism in today's world?

Brian: Only that it will continue to gain in familiarity, popularity, and more equality.



brianpmccarthy.blogspot.com



BRIAN P. McCARTHY

For fans of *The Vegan Family Cookbook*—and anyone who is concerned about animals, the environment, and their health—**Chef Brian McCarthy** is back with a cookbook that shows that international vegan food is not only good for the planet and good for you, but it's easy and fun to prepare too.

The Global Vegan Family Cookbook contains more than 300 simple, nutritious recipes, such as Turkish Bean Soup and Cardamom Coconut Bread Pudding. Along the way you'll sample appealing appetizers, blissful breakfasts, and decadent desserts with origins from across the globe.

Written by a professional chef who has been eating and enjoying a vegan diet for almost

twenty years, this cookbook will take you on a culinary trip around the world without having to obtain a passport.

Vegan cooking has never been more diverse, or delicious!

[The Global Vegan Family Cookbook](#)

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