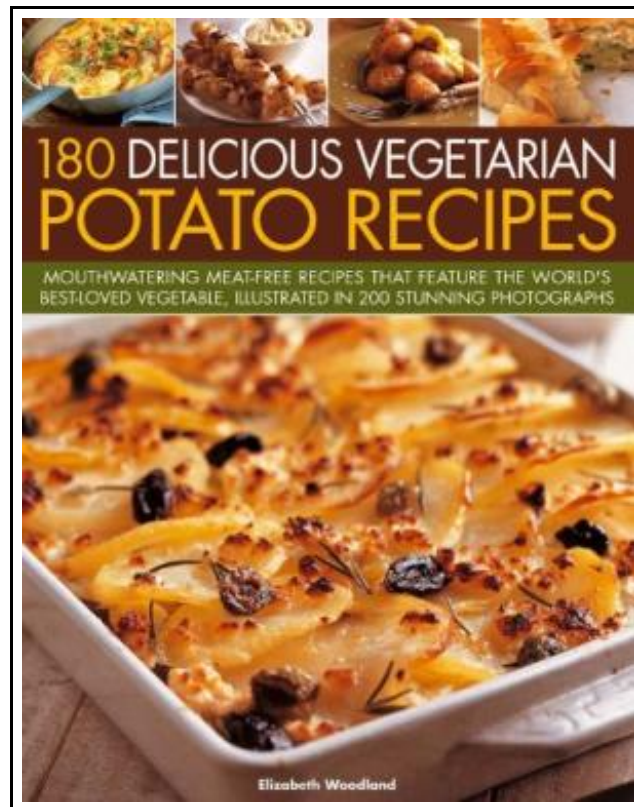


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Reviews

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(Janie Wilkinson)

180 DELICIOUS VEGETARIAN POTATO RECIPES: DELICIOUS MEAT-FREE RECIPES FEATURING THE WORLD'S BEST-LOVED VEGETABLE, IN OVER 200 PHOTOGRAPHS



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, 180 Delicious Vegetarian Potato Recipes: Delicious Meat-free Recipes Featuring the World's Best-loved Vegetable, in Over 200 Photographs, Elizabeth Young, This title offers delicious meat-free recipes featuring the world's best-loved vegetable, in over 200 photographs. This is a superb volume of 180 classic and creative meat-free potato recipes for every occasion, in one indispensable collection. It includes delicious recipes for potato soups; appetizers; salads; main courses; side dishes; and, desserts, bakes and breads. The fabulous collection includes Spicy Potato and Red Lentil Soup; Potato Skewers with Mustard Dip; Courgette and Potato Bake; Wild Mushroom Gratin with Beaufort Cheese, New Potatoes and Walnuts; Potatoes, Peppers and Shallots Roasted with Rosemary; and, Sweet Potato Pie. At-a-glance nutritional notes accompany every recipe, providing a breakdown of fat, calories, fibre, cholesterol, sugar and protein. The humble potato is one of the world's best-loved vegetables and a mainstay of the vegetarian diet. This book celebrates the many and varied ways that the potato can be used to create delicious meat-free meals. Featured are true vegetarian classics, such as Creamy Leek, Potato and Rocket Soup; Deli Potato Salad with Mayonnaise and Olives and Potato Gnocchi with Tomato and Butter Sauce. There are also recipes from some of the world's most delicious cuisines, including Polish Potato Pierogi and Indian Spiced Potato. The recipes are divided into six easy-to-use chapters on soups, appetizers, salads, main meals, side dishes, and desserts, and each one is explained in clear step-by-step instructions to ensure perfect results every time. Full nutritional analysis makes it easy for the health-conscious cook to plan healthy and nutritious menus in advance. Beautifully illustrated throughout with over 200 stunning images, this practical guide is an essential book for anyone who wants to explore seemingly infinite possibilities of the wonderful potato.



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