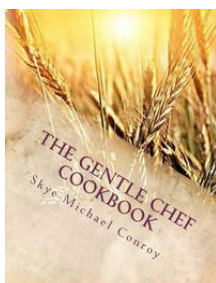


THE GENTLE CHEF COOKBOOK: VEGAN CUISINE FOR THE ETHICAL GOURMET

The Gentle Chef Cookbook is a TEXT-ONLY working kitchen formulary containing over 230 delicious vegan recipes for creating a wide variety of plant-based foods. Chapter 1 offers detailed, step-by-step instructions for creating a variety of seitan products, including moist and tender roasts, sandwich deli slices, sausages, satays (shish kabob), ribz, meatballs and so much more. Seitan (say-tan) or wheat meat, is an amazingly versatile, protein-rich meat alternative made from wheat gluten. Chapter 2 addresses the basics and preparation of the soy-based meat replacements:...



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This cookbook is one of the best I have ever owned.