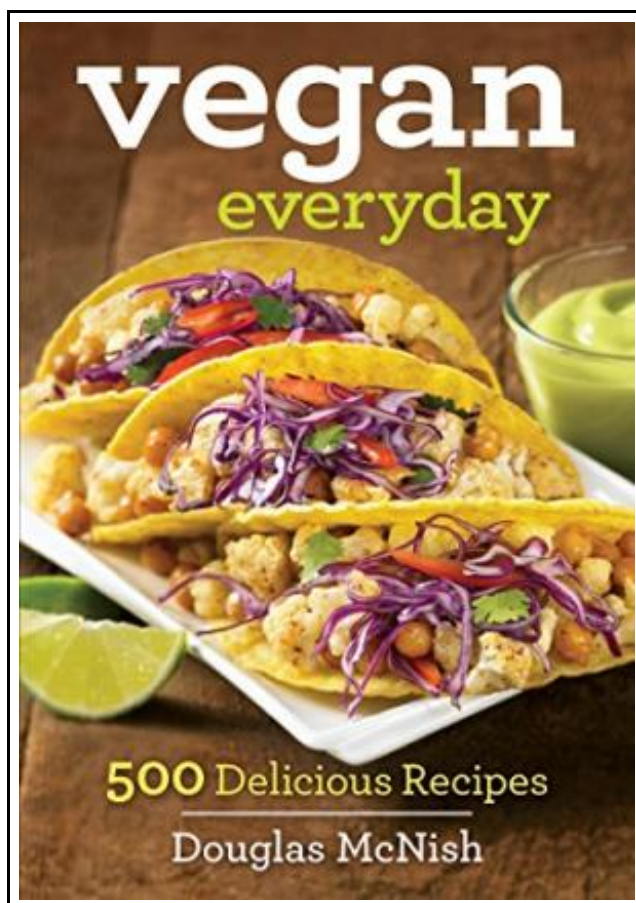


Vegan Everyday: 500 Delicious Recipes



Filesize: 6.04 MB

Reviews

Very good e book and useful one. Better then never, though i am quite late in start reading this one. I am just quickly could possibly get a pleasure of reading through a published ebook.
(Laron Cartwright)

VEGAN EVERYDAY: 500 DELICIOUS RECIPES

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Robert Rose Inc. Paperback. Book Condition: new. BRAND NEW, Vegan Everyday: 500 Delicious Recipes, Douglas McNish, Tantalising food for sharing with family and friends. These tempting dishes are bold, innovative, fresh, easy and above all delicious. They reflect this chef's expertise and complex palate, yet each recipe is both easy and good. Both vegans and non-vegans will find them absolutely delicious. The recipes are vast and varied and use the ingredients typically found in a vegan's kitchen or pantry. Douglas McNish starts with 'Vegan Basics' featuring 20 recipes for dishes most popular in vegan cuisine like Whipped Non-Dairy Butter, Mayonnaise, Curry Paste, Vegetable Stock and pie crust. These 500 recipes include every meal of the day or special occasion to celebrate. Here's just a tiny sampling of the sumptuous recipes that await: MAIN COURSE: Pan Seared Polenta and Hemp Cakes with Black Olive, Tomato and Spinach Ragout, Buddhist Noodle Bowl. STEWS, CHILLIES AND SOUPS: Cheesy Broccoli Soup, Smoky Corn Chowder, African Spiced Tempeh Chilli. PASTA AND NOODLES: Fettuccini Carbonara, Creamy Sweet Potato Linguine, Curry Udon Noodles. SAUTES AND STIR FRIES: Crispy Aubergine and Garlic Stir Fry, Pineapple and Coconut Fried Rice. SLOW COOKER: Okra and Squash Gumbo, Beer Braised Cabbage, Sicilian Aubergine Caponata. ONE POT MEALS/CASSEROLES: Oven Baked Spicy Risotto, Mushroom and Spinach Lasagne, Enchilada Casserole. BAKING: Caramelized Onion and Olive Flatbread, Blueberry Cheesecake, Peach Cobbler. DESSERTS: Chocolate Banana Cake, Chocolate Cherry Dream Bars, Silky Chocolate Mousse. For novice cooks, busy families, or college students there are dozens of recipes to satisfy anyone's search for meal-plan options to fit the vegan lifestyle.

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