



GH Easy to Make! Meat-Free Meals

By Good Housekeeping Institute

Anova, 2009. Paperback. Book Condition: New. 1. 19.4 x 23.5 cm. Drawing on the rich vegetarian traditions of many different countries, this book provides an invaluable collection of imaginative recipes. Both strict vegetarians and the increasing number of people keen to reduce the amount of meat in their diet will find this book an endless source of inspiration. Containing 100 triple-tested recipes in this new full-colour cookery series, featuring the most popular recipes from the GH Institute Kitchens - tried ? tested ? trusted recipes that are guaranteed to work first time every time. Each title in the series contains: ? Step-by-step photography of essential cooking techniques ? Nutritional advice - clear information where recipes are vegetarian, gluten and dairy free ? Preparation and cooking times, serving quantities ? Menu ideas ? temperature and measurement conversion charts. Paperback.



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