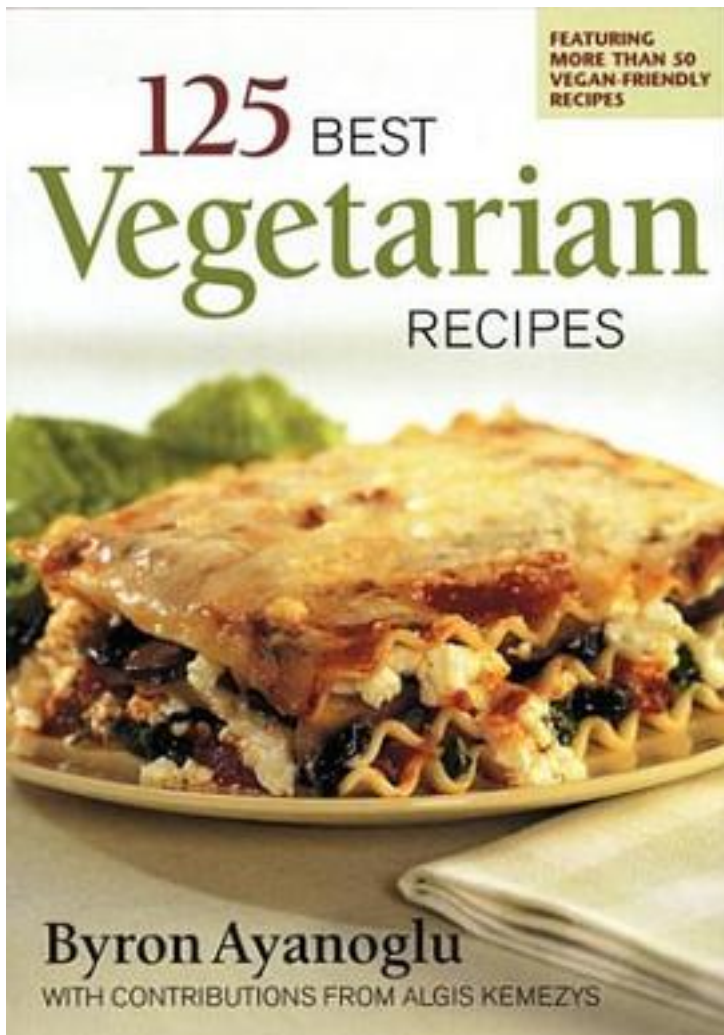


125 Best Vegetarian Recipes



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著者:Ayanoglu, Byron

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This book of tasty, internationally inspired vegetable recipes is for anyone who enjoys

good eating; using it, and cook can create fast and easy meat-free magic in the kitchen. Here you will find recipes that the whole family can eat - you might change your mind about vegetarian cooking for ever! The author provides vegetarian versions of popular dishes (Moussaka, Lasagna, Risotto, French Onion Soup) plus new exotic creations to tempt any pallet, such as individual vegetable/goats cheese pies. - The new vegetarian - The happy vegetarian kitchen - Vegetarian essentials - Appetisers - Soups - Salads - Vegetable side dishes - Dishes for entertaining - Pasta, polenta and rice - Sauces and condiments - Desserts - Fabulous and delicious vegetarian dishes for healthy eating, all with imperial and metric measurements. Features more than 50 vegan recipes, clearly flagged with a vegan icon. 16 pages of mouth-watering colour photography. Robert Rose is a subsidiary imprint of Firefly Books Ltd, specialising in cookery and health titles.

作者介绍:

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