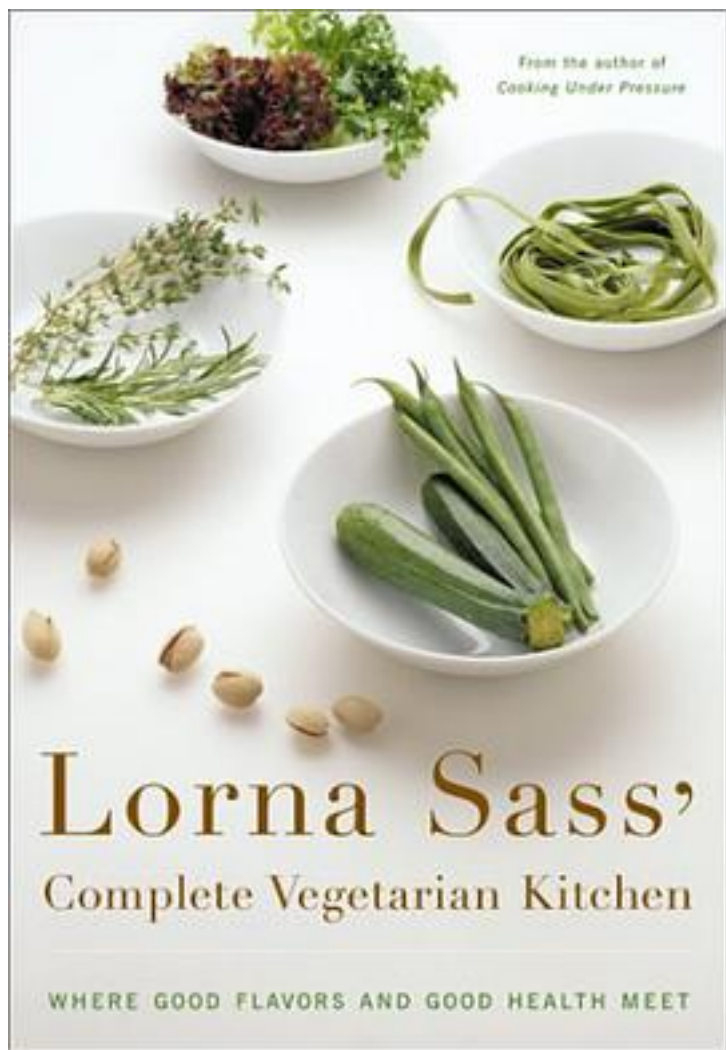


Lorna Sass' Complete Vegetarian Kitchen



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著者:Sass, Lorna J.

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The country's foremost authority on innovative vegan cooking offers 250 cholesterol-free recipes Featuring a complete A-Z glossary of wholesome ingredients for stocking the vegan pantry (no meat, dairy, or eggs), including advice on selection and storage The updated paperback edition of the James Beard award nominee Fans of Lorna's innovative vegan cooking all agree that she has a great talent for combining flavors, textures, and colors to create food that tastes as good as it looks. Applying her expertise as the country's leading authority on the pressure cooker, Lorna frequently offers directions for using this time-saving appliance alongside standard cooking instructions. With menu-planning tips, and an extensive glossary of ingredients, this volume is for anyone seeking a healthy new definition of fast food.

作者介绍:

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