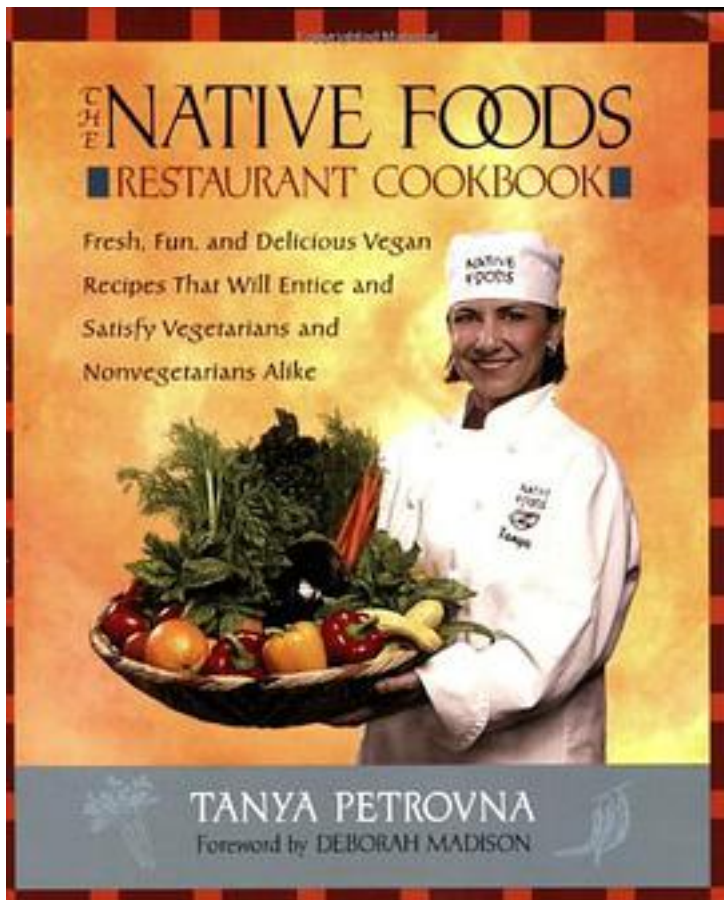


The Native Foods Restaurant Cookbook



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著者:Petrovna, Tanya

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When people ask Tanya Petrovna, "Are you a strict vegetarian?" she replies, "No, I'm a fun vegetarian!" As head chef of the popular Native Foods chain of restaurants in Southern California, Tanya treats her customers to a vegan cuisine that is so tasty, satisfying, and hearty that it draws praise from nonvegetarians and vegetarians alike.

Tanya is known for creating delicious and satisfying meat substitutes from soy and wheat products such as tofu, tempeh, and seitan. And with signature dishes like her dairy-free cheesecake made from cashew nuts, she proves that healthy, animal-friendly eating can be indulgent and fun.

Now, with this book, Tanya's best recipes can be made at home, including: "Fun Mung Curry," "Seitan Olé Mole," and "Rockin' Moroccan Skewers." Plus, there are plenty of outrageous desserts such as "Elephant Chocolate Cake with Cinnamon Peanut Butter Topping," "Sam's Vegan Cheesecake," and "Chocolate French Silk Lingerie Pie."

The Native Foods Restaurant Cookbook also features instructions on basic cooking methods, helpful definitions, nutritional information, and a simple kitchen pantry setup.

作者介绍:

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