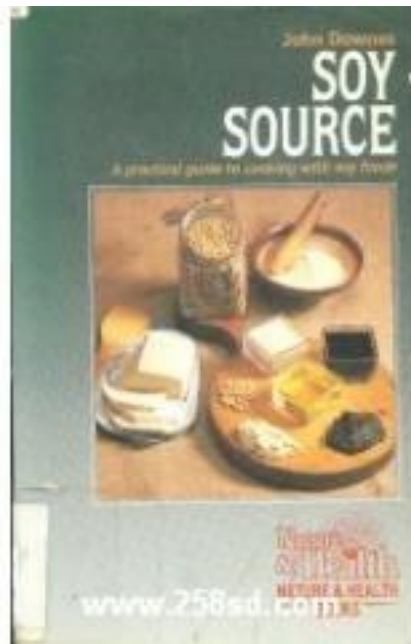


Soy Source : A Practical Guide to Cooking With Soy Foods



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The many foods which are naturally produced from the soybean are a wonder-land for anybody interested in cooking. Even more so because soyfoods meld with our established Western cuisine considerably expanding our options. It is no secret that the large amounts of animal foods' fat and white sugar which in one way or another form the basis of modern Western cooking are among other factors instrumental in our rising tide of degenerative disease. Soyfoods provide a medium through which to reduce or even eliminate this heavy reliance on potentially unhealthy ingredients. Soyfoods are generally high in easily assimilable protein low in fat with no cholesterol and

are extracted from an ecologically sound vegetable source. Such dishes as tempeh pizza, tofu mousseline and soymilk custard are simple ways in which a conventional Western dish can be transformed. Soyfoods simply open a whole avenue of creative endeavour in cooking and using the traditional Asian methods of preparing them lend an exotic and enlivening edge to your daily eating. You can be sure the dishes you prepare are nutritionally sound with delicious flavour and flair. In the 1950s classrooms where children were pondering the future space exploration loomed large and so did future foods. The image I had was of dried brown, biscuity chunks which weren't much to eat but were magically sustaining. Yes, they were made from soybeans. The reality of soyfoods as a gift from the East couldn't be more different. From its origins in the mists of time the soybean emerged as a food crop in China over 4000 years ago. Its cultivation rapidly spread to Japan and South-East Asia and it has been a staple of diet in these areas ever since. It is the perfect dietary complement to a people whose basic staple is rice and other cereal grains. Even well-cooked whole soybeans contain an anti-nutritive substance called the trypsin inhibitor. This effectively stops us from secreting the necessary factors to digest the protein. It is fascinating that in those countries where soybeans are traditional fare the only time the locals eat them whole is before harvest as delicious green beans. Otherwise they are naturally processed in a variety of ways to maximise their protein availability and to render them digestible. We call these products soyfoods. Because soybeans are of Asian origin soyfoods have varying names depending on the country in which they are used. Each country also has its own varieties and method of making soy products so we have items as varied as rich, dark miso paste and beans covered in a soft, white Camembert-like mould - tempeh.

作者介绍:

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