

图书基本信息

书名：<<NEW VEGETARIAN 新蔬食烹饪大全>>

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内容概要

With a look as fresh as the recipes themselves, New Vegetarian is full of modern, flavorful food for the 30 million Americans (more every day!) who are vegetarians. More than 75 delicious and simple dishes span a wide range of cuisines and cultures—from Vietnamese Pho with Tofu to Baked Creamy Squash Pasta with Arugula. Best of all, the dessert chapter includes goodies so luscious even the most die-hard dairy fans won't suspect these sweet treats are vegan!

书籍目录

INTRODUCTION Eat Your Vegetables How Vegetarianism Is Practiced How to Get Your Protein and Other Nutrients Source Guide for Unusual Ingredients CHAPTER 1 APPETIZERS AND LIGHT MEALS French Lentil Croquettes with Mint Aioli Inside-Out Jicama-Tofu Rolls Wrapped in Mango with Ginger Sauce Kimchi Dumplings with Pine Nut Dipping Sauce Mushroom Pate de Campagne with Cognac and Pistachios Lemon-Parmesan Asparagus Spears in Phyllo Phyllo Mock Duck and Broccoli Egg Rolls with Plum Sauce Pineapple-Tofu Summer Rolls with Satay Sauce Roasted Parsnip and Gruyere Strudels Spicy Tofu Yam Temaki Zushi Hand Rolls Sri Lankan Tempeh Skewers with Hot Cashew Sambal Thai Red Curry Deviled Eggs Spanish Spinach, Almond, and Egg Empanaditas Tibetan Potato-Cheese Momos Wild-Mushroom-Souffle-Stuffed Portobello Mushrooms CHAPTER 2 SALADS Big Salad with Caramelized Pumpkinseeds, Pears, and Pomegranate French Apple-Pear Salad Golden Kamut Salad Primavera Light Tuscan Bean and Kale Salad with Gorgonzola Bruschetta Mache, Blood Orange, and Pistachio Salad Nonya Salad with Eggs and Tamarind Dressing New Potato-Garbanzo Salad with Avocado Dressing and Smoked Almonds Roasted Baby Beet and Tofu Salad with Wasabi Dressing Roasted Grapes and Golden Beets on Arugula with Pistachio Chevre Smoky Herb Salad with Tomato Vinaigrette Tofu Caprese Salad Trio of Summer Sunomono Salads CHAPTER 3 SOUPS Mexican Corn and Quinoa with Chipotle Beans and Pickled Onions African Garbanzo, Peanut, and Kate Soup Easy Split Pea Soup with Spinach French Spring Vegetable Soup with Fava Bean Pistou Indonesian Hot and Sour Soup with Edamame Moroccan Squash Tagine with Garbanzos and Couscous Summer Tomato Gazpacho with Silken Tofu and Avocado Universal Umami" Broth and Seasonal Japanese Clear Soups Vietnamese Pho with Tofu CHAPTER 4 MAIN COURSES Baked Creamy Squash Pasta with Arugula Black and Green Soy and Cheese Quesadillas with Sweet Potato Salsa

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