

《NEW VEGETARIAN 新蔬食烹饪基础》

图书基本信息

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内容概要

Vegetarianism gets more mainstream every day, not least because vegetables are our most varied, beautiful, and colorful food. In "New Vegetarian", natural foods expert and chef Robin Asbell shares her modern, creative take on how to savor vegetarian flavors in many new and exciting ways. With more than 70 flavor-focused recipes, "New Vegetarian" takes your palate on an international tour, with appetizers, soups and main dishes from Mexico to Greece, dishes rich with the flavors of India, Italy, Vietnam and Morocco, such as Vietnamese Pho with Tofu and Greek Vegetable Feta Pie in Phyllo. Hearty, everyday comfort foods such as Hazelnut Meatballs and Sauce on Top of Spaghetti or luscious Baked Creamy Squash Pasta with Arugula will please even the most jaded omnivore. Have fun with a variety of meaty favorites: pate made from mushrooms, sushi made with mango or sweet potatoes. Elegant finger foods such as Lemon Parmesan Asparagus Spears in Phyllo and Sweet Coconut Empanaditas with Caramel Sauce will have them eating with both hands - and out of yours. For new vegetarians, committed vegetarians looking for fresh ideas, or meat lovers struggling to find new recipes to love, "New Vegetarian" is a treasure trove of unexpected recipes.

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书籍目录

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