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Vegetarian Classics (Hardback)

By Valerie Ferguson

Anness Publishing, United Kingdom, 2014. Hardback. Condition: New. Language: English . Brand New Book. This title features deliciously tempting dishes that are satisfying and tasty. It offers inspiring ideas for every meal, from simple suppers to gourmet entertaining. You can enjoy healthy and vibrant dishes from around the world, such as Spiced Couscous, Spinach Dhal, Vegetable Fajitas, Tempura Vegetables with Dipping Sauce, Stuffed Vine Leaves, and Saffron Risotto. It includes irresistible ideas from appetizers and snacks to main courses and side dishes, and from easy pasta suppers to gourmet dinner party dishes. It includes nutritional advice and useful tips on creating a basic vegetarian larder. Preparing vegetarian food has never been so exciting. Supermarkets are filled with fresh produce from all around the world, making it easy to create imaginative, nourishing and delicious meat-free meals all year round. This handy little book shows you how to make the most of vegetables, pulses, eggs, cheese, nuts, seeds, tofu and grains to whip up a selection of sumptuous meals. Try Baked Vegetable Lasagne or Chilli Beans with Basmati Rice for a hearty supper, or impress guests with Roast Asparagus Crepes or Party Moussaka. With advice on stocking your larder and step-by-step techniques,...



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