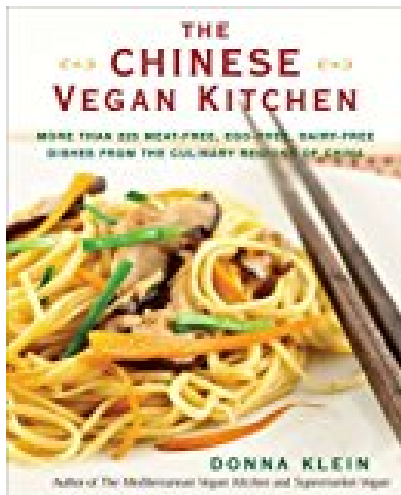


The Chinese Vegan Kitchen More Than 225 Meat-free Egg-free Dairy-free Dishes from the Culinary Regions of China



BOOK DETAILS

- Author : Donna Klein
- Pages : 240 Pages
- Publisher : TarcherPerigee
- Language : English
- ISBN : 0399537708

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BOOK SYNOPSIS

Colorful, aromatic, and flavorful—and as simple as ordering in. The harmonious blending of color, aroma, and flavor has made Chinese cuisine one of the most popular on the planet. As the world's largest producer of fruits and vegetables, China boasts an impressive array of meat-free, egg-free, dairy-free dishes that has also made its cuisine one of the earth's healthiest. From tasty appetizers to mouthwatering desserts, *The Chinese Vegan Kitchen* is a collection of easy yet authentic recipes from the various culinary regions of China—Canton, Hunan, Peking, Shanghai, Sichuan, Taiwan, Tibet—that you can prepare in your own kitchen with ingredients readily available in western supermarkets. This book features:

- 225 delicious and nutritious recipes for appetizers, soups, salads, noodle dishes, rice dishes, tofu and other main dishes, side dishes, and desserts
- Nutritional analysis of calories, protein, total fat, saturated fat, cholesterol, sodium, carbohydrate, and dietary fiber for every recipe
- Cooks' tips throughout
- A glossary of ingredients and where to find them

This is vegan cooking like you've never experienced it—but you will be coming back to this irresistible collection time and again.

THE CHINESE VEGAN KITCHEN MORE THAN 225 MEAT-FREE EGG-FREE DAIRY-FREE DISHES FROM THE CULINARY REGIONS OF CHINA

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