

# 《NEW VEGETARIAN 新蔬食烹饪基础》

## 图书基本信息

书名：《NEW VEGETARIAN 新蔬食烹饪大全》

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# 《NEW VEGETARIAN 新蔬食烹饪书》

## 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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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 Kale 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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