

# 《素食圣经VEGETARIAN BIBL》

## 图书基本信息

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## 内容概要

Savour the exciting flavours of fresh vegetables all year round with this exciting collection of meat-free recipes from around the world. You'll find inspiration for snacks, starters, suppers and salads that will appeal to vegetarians and carnivores alike. This inspiring new title transports traditional vegetarian cookery into the twenty-first century, with recipes celebrating the diverse produce that is readily available. Eating a variety of foods every day is the key to good health, and these recipes help you along the road to well-being with beautifully photographed, tempting food that appeals to the eyes as well as the palate. The Vegetarian Bible is an indispensable guide to a healthy and delicious way of enjoying a vegetarian diet.

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## 书籍目录

INTRODUCTION WHAT IS A VEGETARIAN? HEALTH BENEFITS THE IMPORTANCE OF A BALANCED DIET ESSENTIAL VITAMINS AND MINERALS PLANNING MEALS TYPES OF VEGETABLE TYPES OF FRUIT TYPES OF GRAIN, CEREAL, PULSE & BEAN TYPES OF DAIRY PRODUCE HERBS AND SPICES ESSENTIAL COOKING TECHNIQUES BASIC RECIPES SHOOTS, ROOTS & STEMS DIRECTORY OF SHOOTS, ROOTS & STEMS SWEET POTATO & APPLE SOUP BEETROOT SALAD POTATO FRITTERS WITH ONION & TOMATO RELISH ARTICHOKE & PIMIENTO FLATBREAD POTATO GNOCCHI WITH WALNUT PESTO CARROT & ORANGE STIR-FRY GARLIC MASH ROASTED POTATO WEDGES WITH SHALLOTS & ROSEMARY CAMELIZED SWEET POTATOES ROASTED ROOT VEGETABLES BAKED CELERY WITH CREAM ASPARAGUS WITH SWEET TOMATO DRESSING ASPARAGUS & SUN-DRIED TOMATO RISOTTO BEANSPROUT SALAD STIR-FRIED BEANSPROUTS FENNEL RISOTTO WITH VODKA FRUITS & SQUASHES DIRECTORY OF FRUITS & SQUASHES AVOCADO & ALMOND SOUP GUACAMOLE CUCUMBER & TOMATO SOUP TOMATO & ROSEMARY FOCACCIA PEPPERS WITH FETA TOMATO & POTATO TORTILLA PASTA SALAD WITH CHAR GRILLED PEPPERS COURGETTE & BASIL RISOTTO PASTA ALL'ARRABBIATA CHILLI TOFU TORTILLAS RADIATORI WITH PUMPKIN SAUCE PUMPKIN CHESTNUT RISOTTO BUTTERNUT SQUASH STIR-FRY STUFFED AUBERGINES AUBERGINE CURRY POLENTA WITH TOMATOES & GARLIC SAUCE MUSHROOMS & THE ONION FAMILY NUTS, SEEDS, PULSES & BEANS

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