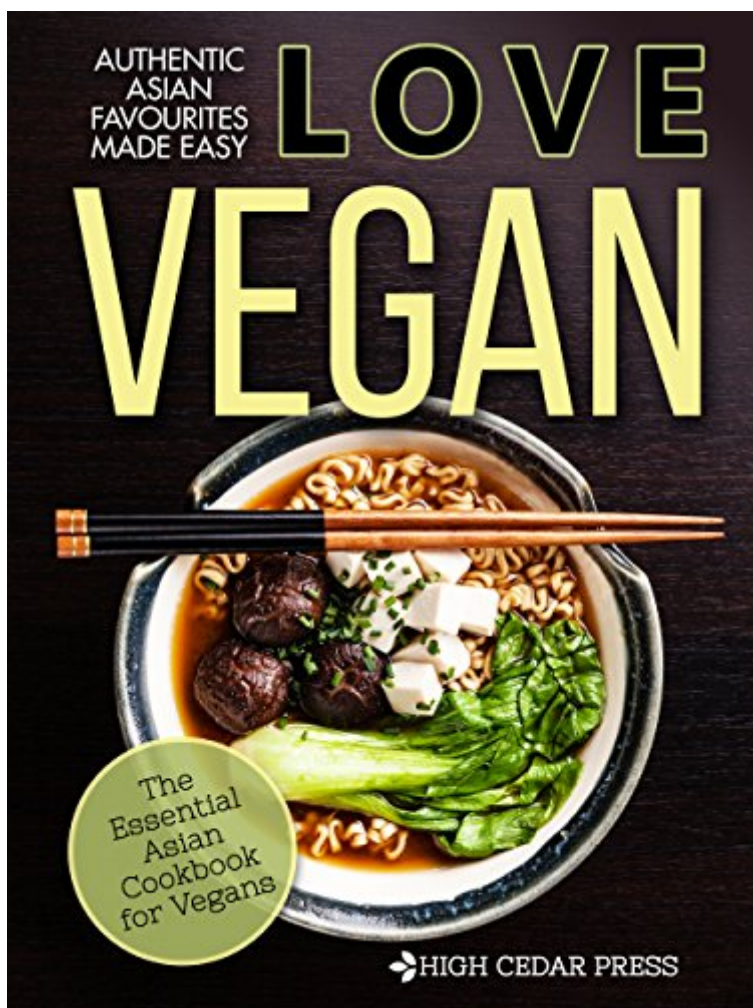


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# Vegan: The Essential Asian Cookbook For Vegans



## Synopsis

Discover Delicious Plant Based Dishes Inspired by Authentic Asian Flavours Asia is home to a wide range of regional cultures and this diversity is reflected in its cuisine. The Essential Asian Cookbook for Vegans incorporates authentic dishes from all over the East so you can enjoy vegan versions of your favorite meals at home. All dishes can be prepared in 30 minutes or less. Each recipe has been carefully tried and tested to retain an authentic taste and texture. Recipes are based around simple, wholesome ingredients found in your pantry or easily sourced at your local supermarket. Whether you are a vegan, a vegetarian or a meat-eater looking to reduce the amount of meat in your diet, this cookbook will inspire you to cook authentic Asian dishes on any night of the week. Try These Easy & Exotic Asian Vegan Recipes Today! Take Out Style Chow Mein, Kaeng Phanaeng Neua (Panang Curry), Nasu Dengaku (Miso Glazed Eggplant), Perfect Pad Thai, Vietnamese Pho, Gyoza (Japanese Dumplings), Tod Man Khao Pod (Thai Corn Fritters), Japanese Tempura, Jian Dui (Fried Sesame Balls), Coconut Sticky Rice with Mango, Black Sesame Seed Ice Cream, And Many More Mouth-Watering Dishes! This cookbook celebrates the flavors of the East and shows you how easy it is to prepare exotic and delicious vegan dishes in your very own kitchen - even on the busiest of weeknights. Buy Your Copy Now and Start Cooking Easy & Delicious Asian Vegan Dishes Today!

Check Out What Others Are Saying..."This is a beautiful cookbook. This cookbook provides wonderful descriptions of spices, and how to blend your own spice mixtures for a fresher-authentic flavor. As a vegan eater, I tried to avoid or limit my intake of gluten and this cookbook has been a wonderful compliment to my healthy eating habits. Recipes are quick, easy to follow and really delicious." - Susan Green

"Just look at the list of mouth-watering recipes in this book. I was surprised by the number of recipes in this book - so many to choose from. I personally love the Sweet Potato with Cauliflower Rice - definitely hooked!" - MommyD

"Although I am a vegan, I do not know how to prepare different kinds of vegan recipes. Luckily, a friend of mine introduced this book to me and I decided to buy this book; with the help and use of this guide I've learned a lot. Most of the recipes are simple and inexpensive but very delicious and tasty as well." - Makasta Vhu

"This book was very informative when it comes to the different benefits of eating healthy. My family really enjoyed the different recipes. The Miso soup recipe was very tasty." - Samuel Dunbar

Tags: vegan, vegetarian, vegetarian cookbook, vegan cookbook, vegan recipes, vegetarian recipes, dairy free, vegan diet, lactose free, egg free, asian vegetarian, milk allergy, lactose intolerance, non dairy, thai cookbook, thai recipes

## Book Information

File Size: 3365 KB

Print Length: 84 pages

Simultaneous Device Usage: Unlimited

Publisher: High Cedar Press (October 11, 2015)

Publication Date: October 11, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B016IPNXZE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #353,321 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Thai #44 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Vegan #60 in Books > Cookbooks, Food & Wine > Asian Cooking > Thai

## Customer Reviews

I'm really glad I bought this book. I have been thinking about going vegan for ages and was just a bit concerned that i wouldn't get a healthy balance diet and that the food would be boring. This book has removed all my fears. There is a wide range of ingredients needed to cook these dishes and the tastes and levels of flavour are quite superb. I love Asian cuisine anyway and these recipes are right up there. Give yourself a treat and try some even if you are not vegan or even vegetarian.

This book was very informative when it comes to the different benefits of eating healthy. I know that Asian cuisine has a different authentic taste in it. This is a good combo for me; Vegan and on Asian cuisine as well. My family really enjoyed the different recipes. The Miso soup recipe was very tasty. I strongly recommend this book to those who has a free time every weekend. I feel that this is a therapeutic way for both couples to bond while cooking at the same time eating healthy.

I didn't find this book very authentic.

I love these books the love vegan series. But them all. Great recipes,east to find ingredients. Hope you enjoy them as much as I have.

I am from Asia and wanted to learn some Asian Vegan recipes. Here this topic is yet to become hot and not many resources are available for vegan lovers. I recently started the way of living the vegan life and this book is a great introductory read. The recipes presented are well detailed and easy to prepare. Recommending to fellow vegan eaters...

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