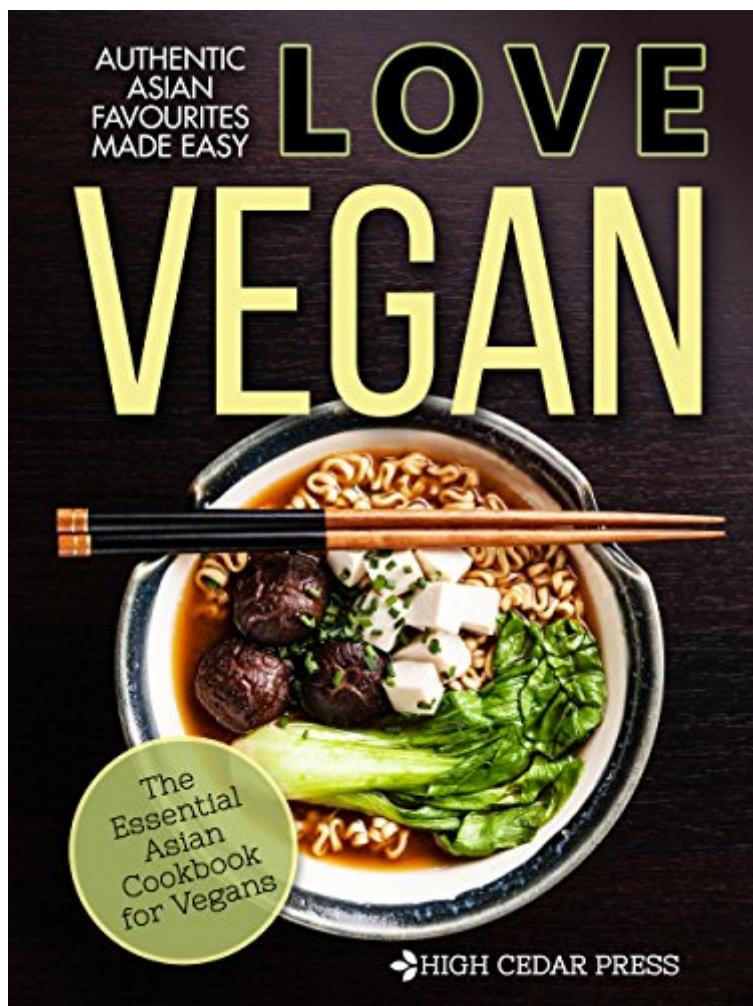


The book was found

Vegan: The Essential Asian Cookbook For Vegans



Synopsis

Discover Delicious Plant Based Dishes Inspired by Authentic Asian FlavoursAsia 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 lessEach recipe has been carefully tried and tested to retain an authentic taste and textureRecipes are based around simple, wholesome ingredients found in your pantry or easily sourced at your local supermarketWhether 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 TodayTake Out Style Chow MeinKaeng Phanaeng Neua (Panang Curry)Nasu Dengaku (Miso Glazed Eggplant)Perfect Pad ThaiVietnamese PhoGyoza (Japanese Dumplings)Tod Man Khao Pod (Thai Corn Fritters)Japanese TempuraJian Dui (Fried Sesame Balls)Coconut Sticky Rice with MangoBlack Sesame Seed Ice CreamAnd 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 bookÃ¢â¬â¬so many to choose from. I personally love the Sweet Potato with Cauliflower RiceÃ¢â¬â¬Ã¢â¬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 DunbarTags: 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: 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...

[Download to continue reading...](#)

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: High Protein Vegan Cookbook of Dairy Free Instant Pot Vegan Recipes for Raw Vegans and Vegetarians (Vegan Diet for Gluten-Free, low cholesterol, low carb lifestyle Weight Loss 1) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Easy Asian Cookbook: 200 Asian Recipes from Thailand, Korea, Japan, Indonesia, Vietnam, and the Philippines (Asian Cookbook, Asian Recipes, Asian Cooking, ... Thai Recipes, Japanese Recipes Book 1) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan: The Essential Asian Cookbook for Vegans The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating,

Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget (Vegan, Vegan Cookbook, Vegan Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)