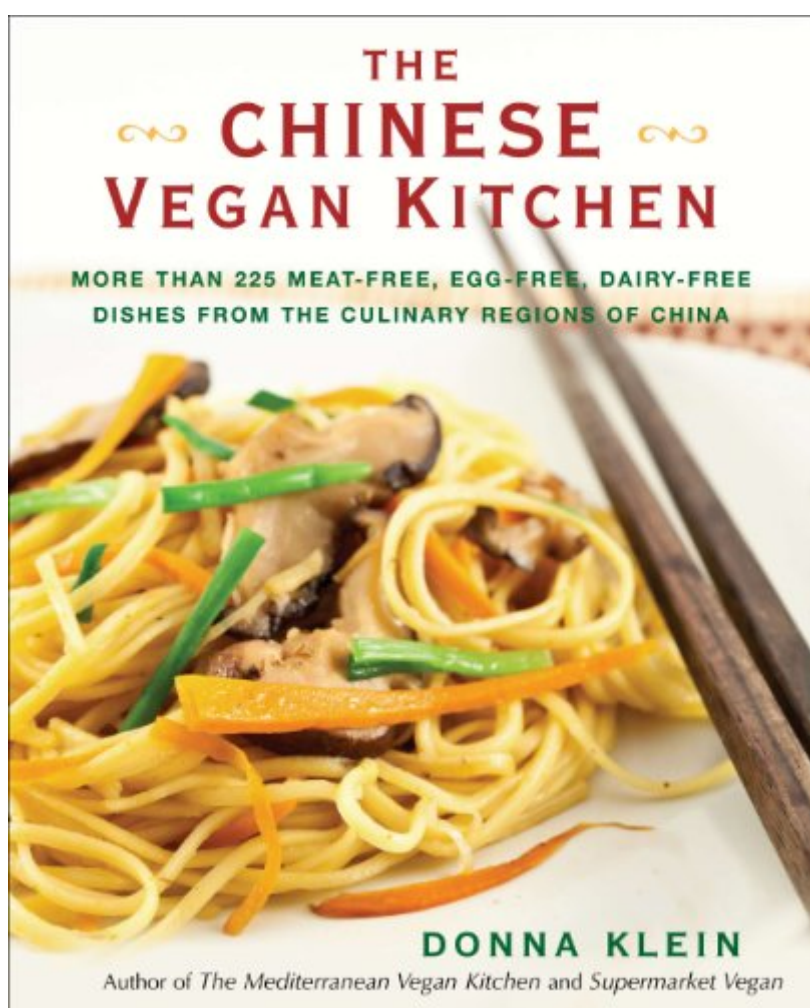


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The Chinese Vegan Kitchen: More Than 225 Meat-free, Egg-free, Dairy-free Dishes From The Culinary Regions O F China



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
Cook's 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.

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Customer Reviews

I'm a big fan of the author's cookbooks for several reasons. She avoids meat and cheese substitutes. She uses a lot of fruits and vegetables and often has nice, light recipes for Summer that differ from the often carb-heavy standards of vegan cookbooks. She avoids foods that many vegan cookbooks rely on that are allergens for some people and their dinner guests like soy foods, seitan/gluten and nut creams. She usually has a mix of more complex, authentic dishes mixed in with some simple, easy recipes you can whip up fast with supermarket ingredients. All of these qualities are true of this book (though it does use some tofu and seitan in culturally specific recipes that call for them). However this cookbook has some major cons and is my least favorite of her books (I have most of them).1) There are just so many better Asian food cookbooks out there that are either more authentic or contain more of the familiar classics. There's "the Asian Vegan Kitchen" if you want something authentic. There's "30 Minute Vegan's Taste of the East" if you want to duplicate restaurant standards like sesame tofu and Thai iced tea.2) I'm old enough to remember the bad old days of vegan food when people came up with weird, random flavor combinations like bananas in spinach salad and tofu in spaghetti. She usually keeps those recipes to a minimum and sticks to naturally vegan classic from various world cuisines. However this book seems to have an awful lot of such recipes. There's a strange, sweet soup made from apples, figs and vegetable broth. There's a cookie made from Chow Mein noodles and chocolate that I'm pretty sure people in China don't eat.3) The book has a lot of strange discussions of the author's Roman Catholicism and how some Chinese people are Christians and the country isn't full of those terrible, terrible atheists like everyone assumes it is. There's a long, long section about religion in the beginning, a page long poem by a Christian nun and then she brings it up throughout the book. In a fruit dessert recipe she says that the different fruits are a gift at mass and the recipe is based on the Holy Spirit. It's all done in a kind of pushy way like she's blessing the reader. I can understand that she had to spend a year away from her family to research the book, it was probably pretty lonely and her religion was a comfort. But it's just weird to have so much discussion of religion in a cookbook and it seems almost disrespectful to discuss only Christianity in a cookbook about vegan Asian food. Buddhism, Jainism and Hinduism all have practitioners who eat vegetarian food based on the principle of nonviolence as well as religious concepts. If she had talked about that it might have bothered me less. She hardly talks at all about her interactions with Chinese chefs or the students

she taught but she talks a lot about going to Mass.4) Most of her cookbooks are a little underspiced. It's more bothersome here than in the others because I know China has some regions with hot and spicy foods.5) There are some not especially appetizing soups based on Chinese medicine that should maybe have been grouped together. There's a "snow fungus" soup in the dessert section that people are just not likely to be looking for when browsing desserts. In conclusion the book is especially strong for easily prepared noodle and vegetable dishes and the appetizers section is really good. As usual she includes interesting fusion recipes from the borders of a culture, in this case Tibetan and Russian influenced Chinese food. If the discussion of Western religion in an Asian food cookbook is likely not to bother you then disregard that part of my review.

I enjoy this book for it's ease and the fact that most ingredients are supermarket friendly. The Ramen soup is wonderful, has a lot less sodium than the packaged stuff and literally takes 5 minutes to make. If you have a number of cookbooks in your repertoire, I would add this one too. However, if you're looking for solidly consistently great chinese recipes with more of an authentic flare, I like Bryanna Clark Grogan's Authentic Chinese Cuisine.

Cookbooks with no pictures don't excite me. Recipes seem simple enough.

Besides eating a vegan diet, I also try to avoid the demon MSG. Which, sadly, means that Chinese food hasn't been on the menu for quite awhile. Even if a restaurant claims "No MSG" - I find it's rarely true. This cookbook has some really great recipes. Don't let some unfamiliar ingredients scare you away. You probably have an Asian market closer than you think and that makes it easy!

This has become one of my favorite vegan cookbooks. The recipes are straight forward and tasty and affordable ingredients, I have tried out loads of new things .I would only wish that there were photos, but many recipe books don't have them. I would actually recommend this to a friend that likes Chinese/ Asian flavours of food.

I wish there were pictures. I know that's weak but I don't cook a lot of Chinese and I'm a very visual person

I bought this book on a whim, and I'm glad I did! It's awesome. So many delicious recipes. I can't wait to try them all. If you love Asian food you will love this book.

Use this book monthly. The sauces are good. Next week I'm making Kung Pou Cauliflower.

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Supermarket Vegan: 225 Meat-Free, Egg-Free, Dairy-Free Recipes for Real People in the Real World
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,)
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