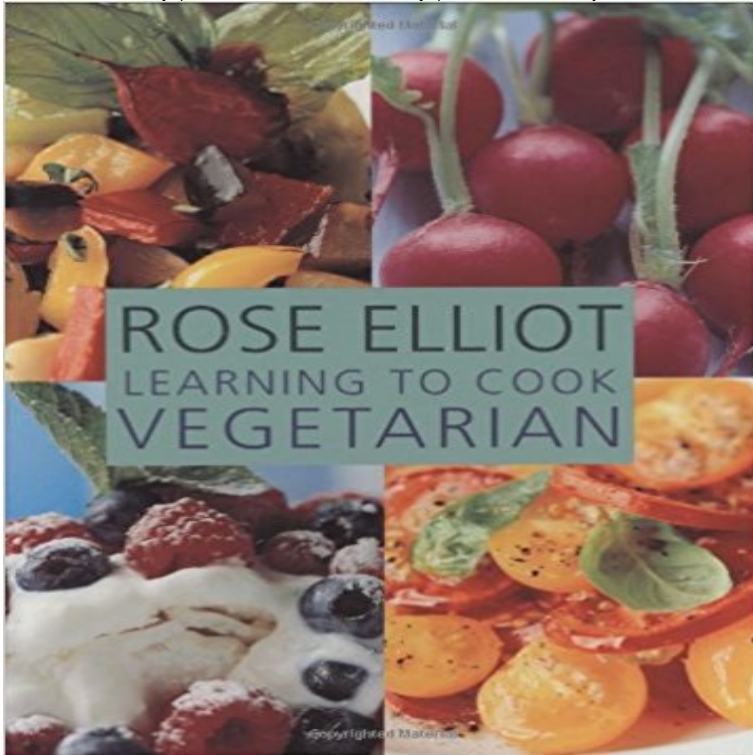


Learning to Cook Vegetarian (Phoenix Illustrated)



More than just a collection of recipes, this book discusses the delights and advantages of a vegetarian diet and explains all the nutrients needed for health, what they do and where to find them. There are also tips on buying and storing ingredients and on the basic equipment needed in a vegetarian kitchen. Basic recipes are followed by variations on the same theme; basics covered include vegetable soup, stir-fries, rice, pasta, how to steam vegetables and what to put with them to make a meal, dals and lentil dishes, grilling vegetables and adding creamy nut sauces. There are also pudding and cake recipes.

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