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Synopsis. Explore all the mouth-watering possibilities of meat-free cooking with The Complete Vegetarian Cookbook. Highly acclaimed chef, food writer, broadcaster and teacher, Sarah Brown has used her 20 years of vegetarian expertise to write this comprehensive guide to vegetarian food. Drawing inspiration from all over the world, the 250 delicious, healthy recipes incorporate a wide range of flavours and ingredients, from which you are sure to find ideas to inspire you.

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Sarah Brown's World Vegetarian Cookbook by Sarah Brown Categories: Salads; Small plates - tapas, meze; Side dish; Middle Eastern; Vegan; Vegetarian Ingredients: tomatoes; green peppers; spring onions; cucumbers; basil; coriander leaves; lemons

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Sarah Brown's Vegetarian Kitchen: The Vegetarian Cookery Classic. Sarah Brown's World Vegetarian Cookbook: Over 100

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Favourite Recipes from All Over the World.
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(Hardback, 1984) for ...~~

from Sarah Brown's World Vegetarian
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from All Over the World. Sarah Brown's
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Brown. Categories: Rice dishes; Main
course; American; Vegetarian. Ingredients:
wild rice; harlequin squash; sunflower oil;

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leeks; walnuts; nutmeg; double cream.

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Cookbook: Over 100 Favourite Recipes from All Over the World by Sarah Brown.
Categories: Vegetarian; World ISBN: 9780670042203 Hardcover (Australia) 5/31/2004 Bookshelf. 32; 1; Member Indexed; show. Soups & Starters (Sarah Brown's healthy eating cookbooks) ...

~~Sarah Brown Cookbooks, Recipes and Biography | Eat Your Books~~

From soups and salads to more unusual ideas like Brown Bread Ice-Cream, there is something here for everything who enjoys vegetarian food. Sarah Brown simplifies exotic dishes like Middle Eastern Falafels and Red Dragon Pie and introduces many tasty new recipes, easily adapted to use ingredients you have at home. Other cookbooks by this author

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Vegetarian Cookbook Hardcover –
January 1, 1984 by Sarah Brown (Author)
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Sarah Brown (Author) 4.2 ...

Explore all the mouth-watering possibilities
of meat-free cooking with *The Complete
Vegetarian Cookbook*. Highly acclaimed
chef, food writer, broadcaster and teacher,
Sarah Brown has used her 20 years of
vegetarian expertise to write this
comprehensive guide to vegetarian food.
Drawing inspiration from all over the world,

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the 250 delicious, healthy recipes incorporate a wide range of flavours and ingredients, from which you are sure to find ideas to inspire you. Why not try the avocado gazpacho soup as a starter, or the herb souffle for a light meal, or the grilled peaches with ginger cream for a tempting desert? From quick, on-the-go breakfasts and leisurely weekend brunches, to speedy after-work suppers and indulgent dinner parties, there's something here for every occasion. Packed with masses of practical information on nutrition, ingredients, techniques and equipment, this book adopts a user-friendly and pragmatic approach to cooking. It also includes a guide to entertaining, which offers menu planning advice together with a timetable of preparation - an invaluable aid for every dinner party Whether you are a vegetarian or you simply enjoy the occasional meal without meat or fish, this is a book which

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you will turn to again and again for inspiration and advice.

Vegetarian cooking is more diverse and exciting than ever before. In the World Vegetarian Cookbook Sarah Brown presents a refreshing new way to explore a wonderful range of vegetarian dishes. Featuring over 100 recipes, this beautifully illustrated book takes you on a voyage in search of the world's finest vegetarian cuisine. - Tempting recipes from six different continents, with a brief introduction to the culture and culinary specialities of that region - Invaluable information on regional ingredients, basic cooking techniques and in-depth features on popular local dishes and delicacies - Recipes for a delicious range of starters, snacks, side vegetables, salads, breads, main courses and desserts - Mouth-watering colour photography An inspiration to the culinary adventurer, this book has all

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you need to know to create exotic and delicious meals - bringing tastes and smells from around the world into your kitchen.

Best-Selling vegetarian cookbook destined to become a classic. Everyone knows they should eat more vegetables and grains, but that prospect can be intimidating with recipes that are often too complicated for everyday meals or lacking in fresh appeal or flavor. For the first time ever, the test kitchen has devoted its considerable resources to creating a vegetarian cookbook for the way we want to eat today. The Complete Vegetarian Cookbook is a wide-ranging collection of boldly flavorful vegetarian recipes covering hearty vegetable mains, rice and grains, beans and soy as well as soups, appetizers, snacks, and salads. More than 300 recipes are fast (start to finish in 45 minutes or less), 500 are gluten-free, and 250 are vegan and are all highlighted with icons

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on the pages. The book contains stunning color photography throughout that shows the appeal of these veggie-packed dishes. In addition, almost 500 color photos illustrate vegetable prep and tricky techniques as well as key steps within recipes.

Sarah Brown's Vegetarian Kitchen has recipes for all occasions, be it a simple family supper or a lavish dinner-party. From soups and salads to more unusual ideas like Brown Bread Ice-Cream, there is something here for everything who enjoys vegetarian food. Sarah Brown simplifies exotic dishes like Middle Eastern Falafels and Red Dragon Pie and introduces many tasty new recipes, easily adapted to use ingredients you have at home.

Vegetables never tasted better than in these richly flavored, satisfying vegetarian meals from Sarah Copeland, whose Newlywed

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Cookbook has become a trusted resource in the kitchens of thousands of new cooks. In her latest cookbook, Copeland showcases a global range of flavors, from the peppery cuisine of her Hungarian, vegetarian husband to the bibimbap she fell in love with in New York's Koreatown. More than 140 recipes cater to cooks of all skill levels and meal occasions of every variety, while more than 60 gorgeous photographs from celebrated photographer Yunhee Kim demonstrate the delectable beauty of these vegetable feasts. Feast is the book that satisfies everyone who wants to expand their repertoire to include more vegetables and grains as well as those transitioning to a vegetarian diet. Recipes include: Whole Wheat Semolina Peach Pancakes Kabocha Squash Soup with Spiced Fennel Butter Raw Kale and Strawberry Salad Tartine for Four Seasons Angel Hair with Lentils and Oyster Mushrooms Artichoke Enchiladas

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Strawberry Rye Squares

Satisfying Plant-Based, Gluten-Free Meals Without the Hassle Who says preparing vegan, gluten-free meals has to be so hard? Get back to enjoying your time in and out of the kitchen with Effortless Vegan. Painless to prep, simple to cook and completely plant based and gluten free, these delicious recipes focus on full flavors, clean eating and efficiency. Make breakfast the most important and easiest meal of the day with a filling 10-Minute Smashed Chickpea Scramble or sweet and sustaining Cinnamon-Banana Socca Pancakes. Not to worry if you ' re more of a lunch or dinner person! Try one of many incredible 30-minute or less meals, like savory Sweet Potato & Black Bean Avocado-Tahini Wraps or spicy Paprika-Roasted Cauliflower Steaks. Love to

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cook but hate the cleanup? Give your time and taste buds the gift of a one-pot wonder, like the superb Pizza Supreme Casserole. And if dessert is your favorite port of call, you ' ll fall in love with any of the delectable 5-ingredient sweets, such as the deliciously elegant Mixed Berry Crumble or guilt-free Boozy Peach-Mango Sorbet. Leave your stress behind with this collection of straightforward, no-fuss recipes that make vegan cooking so easy it ' s effortless.

Pairs such vegetarian recipes as pumpkin cinnamon rolls, ginger soy soup, maple dijon tofu chops, and tempeh stroganoff with stories from a mainstream family eating a not-so-mainstream diet.

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