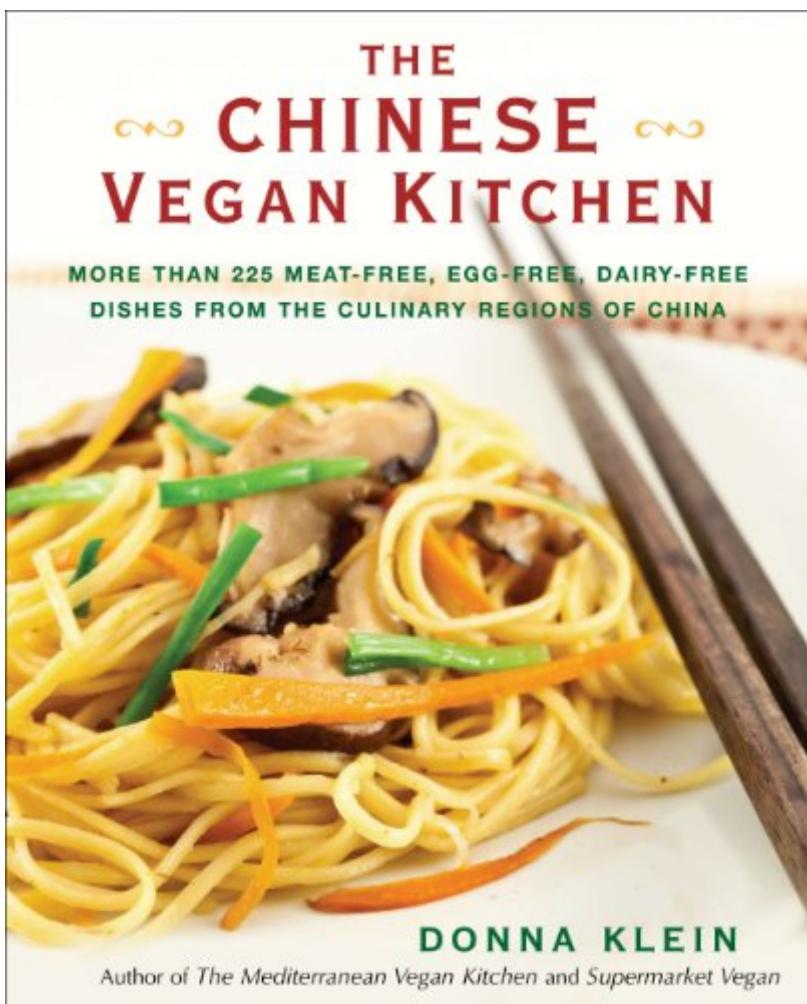


The book was found

# 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—â• 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 worldâ•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 earthâ•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—â• Canton, Hunan, Peking, Shanghai, Sichuan, Taiwan, Tibet—â• that you can prepare in your own kitchen with ingredients readily available in western supermarkets. This book features:  $\approx 225$  delicious and nutritious recipes for appetizers, soups, salads, noodle dishes, rice dishes, tofu and other main dishes, side dishes, and desserts  $\approx$  Nutritional analysis of calories, protein, total fat, saturated fat, cholesterol, sodium, carbohydrate, and dietary fiber for every recipe  $\approx$  Cooks—â• tips throughout  $\approx$  A glossary of ingredients and where to find them This is vegan cooking like youâ•ve never experienced it—â• but you will be coming back to this irresistible collection time and again.

## Book Information

File Size: 1561 KB

Print Length: 240 pages

Page Numbers Source ISBN: 0399537708

Publisher: TarcherPerigee (December 4, 2012)

Publication Date: December 4, 2012

Sold by: Penguin Group (USA) LLC

Language: English

ASIN: B008JHXVN4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #469,151 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #64 in  $\approx$  Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Chinese #197 in  $\approx$  Books > Cookbooks, Food & Wine > Asian Cooking > Chinese #262

## 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 its 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.

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

The Chinese Vegan Kitchen: More Than 225 Meat-free, Egg-free, Dairy-free Dishes from the Culinary Regions of China 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) 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) Egg Recipes: 50 Delightful Egg Recipes for Your Everyday Meals: Egg Cookbook, Egg Recipe Book, Best Egg Recipes, Delicious Egg Recipes, Frittata, Quiche, Omelette Recipes and More! 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,) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat:The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Caribbean Vegan: Meat-Free, Egg-Free, Dairy-Free, Authentic Island Cuisine for Every Occasion 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: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) 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: 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) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Mug Cake: The Ultimate Vegan Mug Cake Cookbook: Quick, Easy and 100% Vegan (mug recipes, vegan cookbook, dairy free) (Love Vegan Book 7) Dessert Vegan Box Set 2 in 1: 150+ Ice Cream Vegan and Chocolate Plant-Based Vegan Recipes that are Dairy Free for Easy Rapid Weight Loss for Beginners ... crockpot and cast iron; vegan bodybuilding) Chinese: Crash Course Chinese - Learn Chinese Fast With a Native Speaker: 500+ Essential Phrases to Build Your

Chinese Vocabulary, Chinese, Learn Chinese, Chinese Phrasebook, Mandarin Study Aid The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Smoking Meat: The Best Recipes Of Smoked Meat: Unique Smoking Meat Cookbook [ Top 25 Most Delicious Smoked Meat Recipes ] ( A Barbecue Cookbook ) (A Unique Barbecue Guide) ( 25+2 Best Recipes ) Go Dairy Free: The Ultimate Guide To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)