

Easy Culinary Mastery Of Vegetarian Cooking

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Easy Culinary Mastery of Vegetarian Cooking Retail Value \$19.97 Discover How to Quickly & Easily GET VEGETARIAN MEALS ON THE TABLE IN NO TIME! Effectively tapping into the expertise and know-how, insider secrets and wisdom of the vegetarian kitchen and culinary secrets! Inside you will learn: - How to pick and clean vegetables, preparing them in myriads of ways and variations to keep them asking for more! - The role of savory herbs - How to thicken sauces and soups with roux (how to make your own) - Meatless options, alternatives and substitutes - Clear, white and brown soups, thin and thick for every palette, choice and budget. - Fresh and tinned vegetables and how to best use them in lots of meal options and preparations - Garnishing and presentation, flavoring and special touches for the vegetarian palette - How to make your own herb mixture(s) and meat substitutes - How best to pick, prepare and even combine vegetables for various meals and snacks, as main courses or side-dishes. - How to make your own jams, jellies, pies, puddings, custards, cream and even cheese-cakes! - Steamed, stewed fruit delights, treats and ices, cakes and bread for every occasion - All you need to know to make some important decisions regarding your diet and nutrition from a vegetarian perspective and influence - Over 65 pages of pure gold.

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