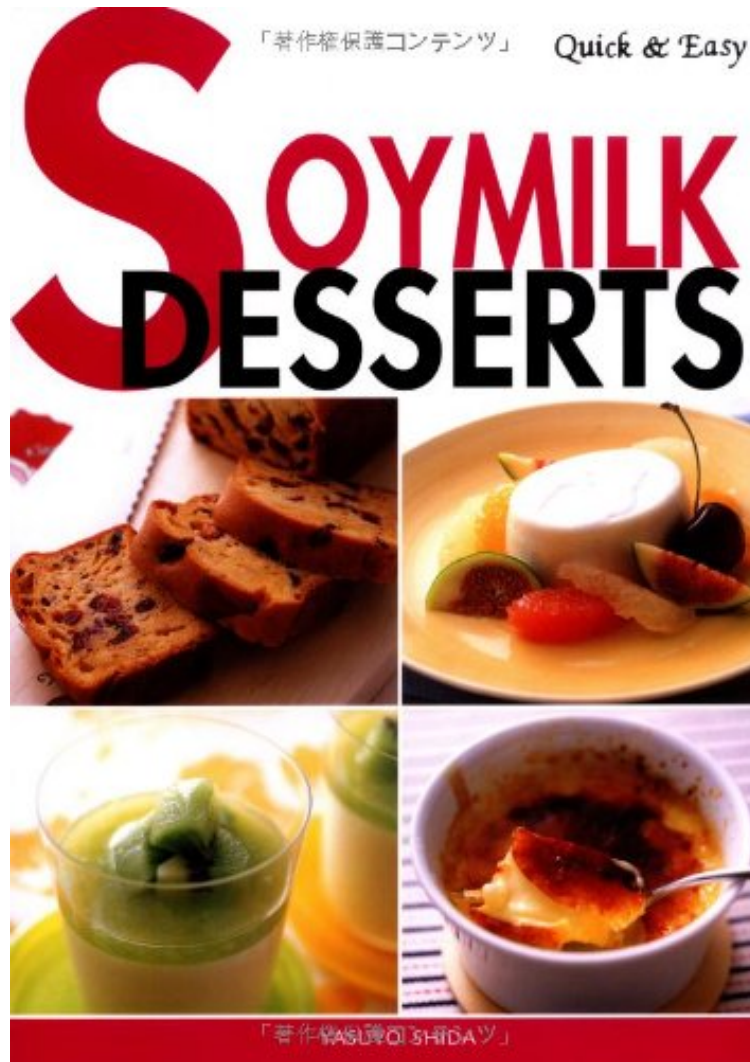


Soymilk Desserts

Yasuyo Shida

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Yasuyo Shida : Soymilk Desserts before purchasing it in order to gauge whether or not it would be worth my time, and all praised Soymilk Desserts:

0 of 0 people found the following review helpful. Great cookbook about Soymilk Desserts, but dairy products are used too. By EPICurean M.I was so excited about this cookbook for a long time because I can make desserts with soy milk. As I glanced the book, the book is so organized into different types of desserts like Baked Desserts, Steamed Desserts, Cold Desserts and Drinks. The author is very thorough on what ingredients is used for each recipe, metric and U.S. imperial measurements are both provided, and pictures are shown in great detail. One thing, I noticed that the recipes are not made entirely on soy milk, there is some dairy products used like sour cream, heavy cream, marscapone

cheese, butter, margarine or cream cheese. So at the end of the book, she recommended to substitute vegetable oil for butter or margarine, and other vegan cheese products to go with the dessert recipes, it's really up to you to adjust the recipe. So maybe more research and change of recipe development. But overall, nice book of Japanese desserts made with soy milk. She even give benefits of soy beans, tofu and soy milk, and stressed that Asian desserts are less sweet than their Western counterparts, and more healthy. The cookbook is colorful and provided a lot of notes producing great Soymilk desserts in a Japanese way. So if you can digest lactose because some recipes have dairy products in their recipes. Go right ahead and make these. But for those who are lactose intolerant - be careful, you may change the recipe slightly like using vegetable oil, non - dairy creamer, or a vegan cheese or similar substitute you can find in any organic grocery store or specialty grocery. Adjust accordingly to what recipe you are using. 1 of 1 people found the following review helpful. Lovely book of desserts By Robertjgahwilerjr I love how this book has so many sections of different ways you can use soymilk from Baked, steamed, fried, fruit desserts, chilled and even drinks and shakes. I like The factor it shows things step by step and gives you Do-Ahead Tips so so you know what to do ahead of time. I also like that the book gives you a rough idea of how long each recipe takes to prepare it and gives you an idea of the difficulty level. I also like how gives you an explanation on certain recipes what they are and sometimes mixes different cultural foods together which can be fun to do if done right. I find the drinks and shakes to be very creative. There is also a section near the back that shows you kitchen utensils for making sweets so you aren't lost looking for something clueless on what you need. This book is very well written and I would recommend this to anyone to buy. 0 of 0 people found the following review helpful. Highly recommend this to anyone in pursuit of a healthy lifestyle By Mariette Vedder Bought this book after my trip to Japan as I was in awe about the many Soymilk Desserts. Highly recommend this to anyone in pursuit of a healthy lifestyle. Mariette's Back to Basics

Soymilk is attracting worldwide interest for its dietary benefits and can be found in almost every market. Light and easily digestible, soymilk contains good quality phytoproteins and vitamins and minerals such as calcium, magnesium, and potassium. Although drinking soymilk is quite common it is still difficult for most people to substitute soymilk in everyday recipes, and many of those who can't tolerate cow's milk often go without their favorite foods. Soymilk Desserts makes cooking with soymilk simple and easy without complicated conversions or substitutions. Soymilk Desserts features 77 sweet recipes from popular chocolate cakes, fruit desserts, and puddings to fiber-rich cookies made with tofu byproducts. Each recipe comes with step-by-step photos and instructions that even a beginner can follow.

This is a great book for those who are lactose intolerant. -- Kliatt From the Publisher Soymilk is attracting worldwide interest for its dietary benefits and can be found in almost every market. Light and easily digestible, soymilk contains good quality phytoproteins and vitamins and minerals such as calcium, magnesium, and potassium. Although drinking soymilk is quite common it is still difficult for most people to substitute soymilk in everyday recipes, and many of those who can't tolerate cow's milk often go without their favorite foods. Delicious and Healthy Desserts Made with Soymilk makes cooking with soymilk simple and easy without complicated conversions or substitutions. Delicious and Healthy Desserts Made with Soymilk features 77 sweet recipes from popular chocolate cakes, fruit desserts, and puddings to fiber-rich cookies made with tofu byproducts. Each recipe comes with step-by-step photos and instructions that even a beginner can follow. About the Author YASUYO SHIDA studied at both L'Ecole LeNotre in Paris, France, and at Richmond Bakery School in Luzern, Switzerland. She has been actively appearing on TV and in magazines as a notable pastry chef as well as teaching at her home, salon style. Her easily made yet sophisticated confections are highly praised among gourmets of all generations in Japan.