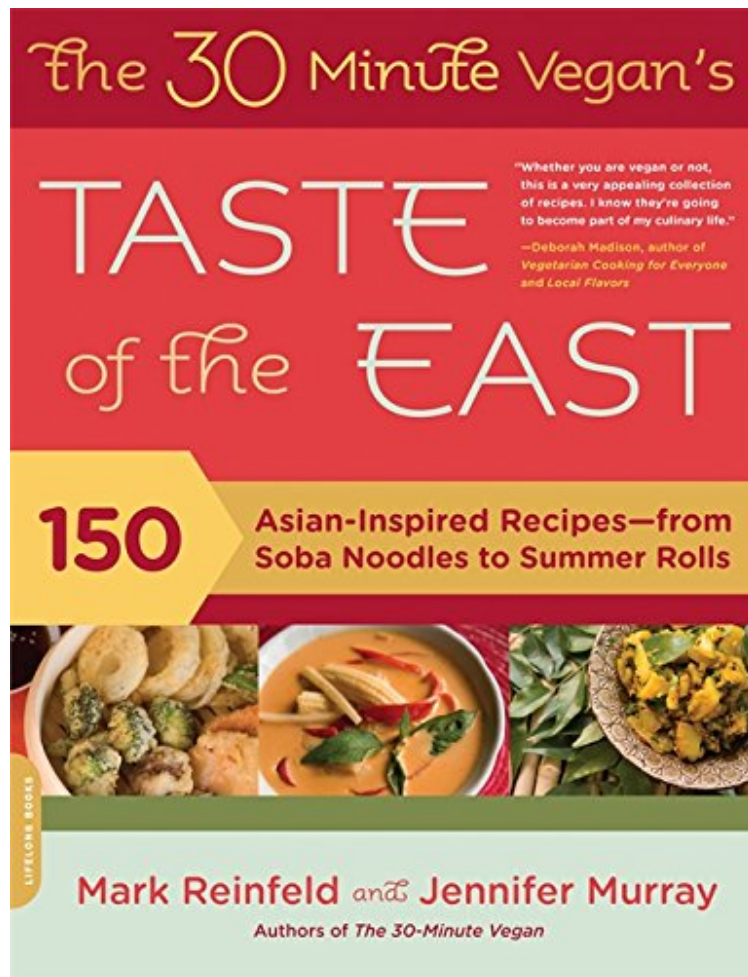


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## The 30-Minute Vegan's Taste of the East: 150 Asian-Inspired Recipes--from Soba Noodles to Summer Rolls

Mark Reinfeld, Jennifer Murray  
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**Mark Reinfeld, Jennifer Murray : The 30-Minute Vegan's Taste of the East: 150 Asian-Inspired Recipes--from Soba Noodles to Summer Rolls** before purchasing it in order to gage whether or not it would be worth my time, and all praised The 30-Minute Vegan's Taste of the East: 150 Asian-Inspired Recipes--from Soba Noodles to Summer Rolls:

2 of 2 people found the following review helpful. Best cook book!By gmt22Another great book by the 30 minute vegans. If you love Asian food like I do, try this book. Great recipes with superior taste that I have come to expect and all under 30 minutes. It's great!0 of 0 people found the following review helpful. Buy it right now!!By MeganFantastic! This is a vegan cookbook from people who really understand food and flavor. Most vegan restaurants

could take a lesson or two from these authors. Well worth it! 10 of 12 people found the following review helpful.

Gourmet Even If You Can't Cook By Kindle Customer This review is coming on the heels of just spending 2 hours in my kitchen to make my meals for the upcoming week. As a huge fan of *The 30 Minute Vegan* the anticipation for this book to arrive was monumental. In making the diet changes, there were a lot of Indian, Thai, Chinese and Japanese dishes that I wanted to make, however the reality check is that I am not a great cook. *The 30 Minute Vegan* had me cranking out dishes that tasted like I spent years at a culinary institute. Over time, vegan cookbooks of the aforementioned cultures were obtained. Daunting? You bet. Some of the recipes read like a science project and it was apparent that my level isn't that elevated. When this book arrived I was hopeful with some reservations. Needless to say, over the past few weeks, dishes from both books have been cranking out of my kitchen with ease. The cooking scents are remarkable and the flavors are sublime. Since going vegan, it means being in the kitchen a lot more. Those frozen microwave dinners are a thing of the past. The ingredients are fresh and devoid of preservatives and other garbage that is slipped into the food supply of the nation. Because of the ease of these recipes, it is possible to crank out meals to pack up and then take to work for lunch and have dinner to come home to heat up and you don't have to use up the entire weekend to do it! Batch cooking couldn't be any easier. If you are searching for a vegan cookbook and not sure which one to get, you want both of Mark's books! It will take a novice cook to unprecedented levels. The ingredients are easy to find, suggestions for pairing dishes are provided to round out a nourishing flavorful meal and there is enough variety for every pallet. These books are money well spent!

Noted vegans and vegetarians love Mark Reinfeld and Jennifer Murray's food. Food Network host and author Ellie Krieger lauds their recipes as "delicious, exciting, healthful, [and] accessible for everyone," while Deborah Madison notes their "appealing recipes, good information about food and cooking in general [and] surprisingly realistic approaches to thirty-minute cooking." Now, Reinfeld and Murray turn their skillet to the East, featuring over 150 vegan versions of favorite cuisine from India, Thailand, China, and Japan. *Taste of the East* also offers inspired animal-free recipes from Indonesia, Nepal, Vietnam, Korea, Tibet, Iran, and Afghanistan.

"Complete with at-a-glance cooking charts, key Asian pantry ingredients, all-new preparation techniques, and unique cooking tips, *Taste of the East* is a must-have addition to your cookbook shelf."