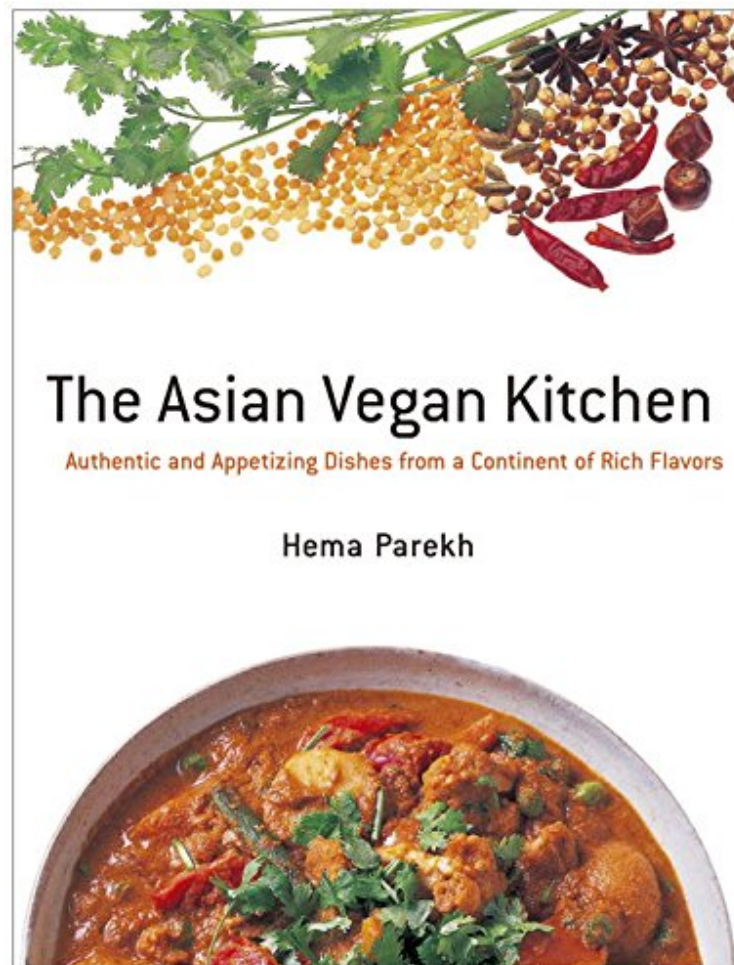


[Free read ebook] The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors

The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors

Hema Parekh

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#107707 in Books 2012-09-07 2012-09-07Ingredients: Example IngredientsOriginal language:EnglishPDF #1 9.85 x .40 x 7.54l, 1.30 #File Name: 156836430X192 pages | File size: 30.Mb

Hema Parekh : The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors before purchasing it in order to gage whether or not it would be worth my time, and all praised The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors:

7 of 7 people found the following review helpful. Best cookbook I own!By Rosie MFantastic! This cookbook is well-organized, detailed, and has a great variety of recipes organized by country. So far, every single recipe I have tried has been absolutely delicious, especially the Indian ones, and I'm saying that not just with regards to them being vegan but just as recipes in general. Wonderful for anyone interested in Asian cooking! P.S. Don't worry too much if you don't have all the spices--although they are generally available at Asian/International markets, I've found that the recipes are

easy to improvise on and if you are missing one ingredient it won't make that much of a difference!4 of 4 people found the following review helpful. The recipes in here are great and offer the basics from each countryBy saranphon saengarun5 star for content/recipes but the book itself is very flimsy so i removed a star. The recipes in here are great and offer the basics from each country.Green, red, and massaman curry from Thailand along with a basic and a korma style curry from India give you a starting point for hundreds of different dishes. There are also other great recipes from around Asia to wet your appetites. A must for you collection if you want a few different ideas for dinners or snacks.4 of 4 people found the following review helpful. Hema Parekh: The one ingredient everyone needs in their kitchenBy Kathryn KimWhat can I say about this amazing book that others have not already written? I know I am biased. I am one of the lucky who not only have the book but can claim Hema (pronounced /Haymah/) as my own personal teacher. We started with vegan Japanese cuisine and steadily progressed to vegan Indian cuisine. When I read Hema's cookbook, I hear her voice in my ear. Sprinkling her wise and witty remarks throughout as she does the same with her garnishes. I know I am biased because of my personal exposure to her teachings, but it is not surprising to me that those who merely have the book are just as passionate about her dishes as I am. Since purchasing the Asian Vegan Kitchen, it has become my cooking bible. Even if I cook dishes from more omnivorish recipes, I will often look in Hema's book to see if there is some basic broth, sauce or seasoning I can substitute to make the dish more healthy for my family. Likewise, I will often add animal protein to some of her dishes to satisfy my family's meat cravings and in both situations, my dishes are the better. I would agree that some of the ingredients are "exotic", this is an Asian cookbook! ;) You can usually find a local Asian market to help you if you are really dedicated and of course, there is always .Despite the exotic ingredients, Hema is able to communicate her recipes in a clear and straight forward manner so even the beginner cook will not be daunted. If you love cooking. If you want to make healthy, flavorful meals for your family or just yourself. If you feel like broadening your horizons beyond what they are. This book needs to be in your home.[...]

The Asian Vegan Kitchen is a collection of recipes from across Asia, featuring the spices and the many tasty ingredients that have made these cuisines popular world-wide. It caters to the growing segment of people of all ages who have chosen to eschew animal products, yet still want to add some global spice and excitement to their diet. There is one big difference between this and many other vegan cookbooks. These dishes do not use replacement ingredients for traditional recipes. Instead, author Hema Parekh – a noted teacher of vegetarian cooking styles in Tokyo – has selected recipes that were traditionally vegetarian, and have been enjoyed by diners for decades, even centuries. In doing so, she has had to make only minor changes, if any, for these recipes to be deliciously appealing to everyone: vegan, vegetarian or otherwise. Over 200 dishes have been selected to cover a wide variety of tastes. Here readers will find vegan-ready recipes for everything from Japan's sushi to northern Indian curries, from Vietnamese spring rolls, to red-hot tofu, Chinese-style. Soups, noodle dishes and some desserts are also included. The recipes are simple, with detailed explanations. Also included are over 50 mouth-watering photos and a comprehensive glossary. Vegan cooking just became a lot more interesting. A long-time vegetarian, Hema Parekh has been teaching vegetarian cooking in Tokyo for almost twenty years. She has written two popular books on vegetarian cooking in Japanese – A Touch of Spice and Indian Vegetarian Cooking – and is working on a third. Parekh has lived in Japan for 27 years.

From Publishers WeeklyBecause tofu and other vegan mainstays are part of their larders, and since they tend to be dairy-free by design, Asian cuisines lend themselves naturally to vegan cooking, and this handy cookbook does a beautiful job compiling attractive, tasty and uncomplicated vegan recipes from India to China and beyond. Take Japan's Simmered Mixed Vegetables, a deceptively straightforward preparation made complex with a sauce of soy, sake and dashi, a kelp-based stock that's the Japanese equivalent of chicken broth; exotic vegetables, including taro and lotus root, come alive in the salty-sweet braising liquid. Thailand's Sweet Corn Cakes are another example of simple-on-the-outside, intricate-on-the-inside vegan cookery, an addictive spin on traditional corn fritters spiced with ginger, garlic and coriander, and served alongside chili sauce and cucumber relish. Unfortunately, the cookbook is a bit confusing; the recipes are separated by country rather than, say, main ingredient, and the fine, full-color photographs of the dishes are all crammed in the middle of the book. Though cooks may spend extra time searching for ways to use up surplus zucchini, it's an appealing browse full of tasty diversions. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From BooklistChef-author India-born Parekh, now headquartered in Tokyo, learned to cook defensively upon her marriage, after enjoying a Jain childhood of vegetables, lentils, and pulses. She selects the best, most familiar and comforting dishes (200 of them) from eight Asian countries; readers will recognize such favorites as Indonesia's nasi goreng, Korean kimchi (in many varieties), China's Kung Pao in vegetarian mode, and the well-loved naan and chapati breads of India. Instructions, although relatively brief, are highly reliant on other recipes, like spices, sauces, stocks, and condiments (for instance, tofu mayonnaise, spicy soy-vinegar sauce, and Vietnamese vegetarian stock). Many also demand ingredients not easily found outside major U.S. metropolitan areas—tamarind juice and coriander roots with stems, to name two. Yet gourmet adventures beckon; it's hard to resist preparing different kinds of meals after seeing a centerfold full of glorious after color photographs. --

Barbara Jacobs "If your concept of international vegetarian cooking is limited to eggplant parm from Italy and bean burritos from Mexico, take a world tour with Hema Parekh, author of the new book, *The Asian Vegan Kitchen*...Parekh's philosophy is all about cooking as a way to share love and demonstrate hospitality." —New York Daily News"...wide variety of innovative dishes...Beautiful color photos." —Vegetarian Journal