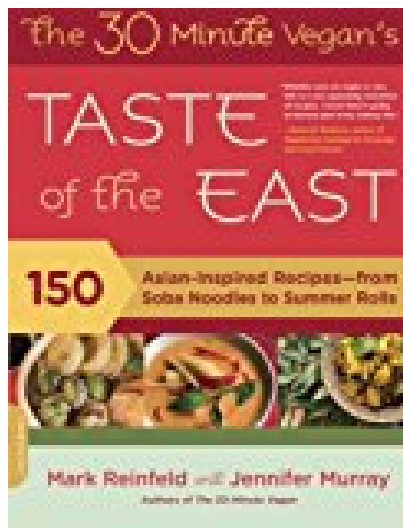


The 30-Minute Vegans Taste of the East 150 Asian-Inspired Recipes--from Soba Noodles to Summer Rolls



BOOK DETAILS

- Author : Mark Reinfeld
- Pages : 304 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
- ISBN : 0738213829

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BOOK SYNOPSIS

Noted vegans and vegetarians love Mark Reinfeld and Jennifer Murrays 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 skillets 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.

THE 30-MINUTE VEGANS TASTE OF THE EAST 150 ASIAN-INSPIRED

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