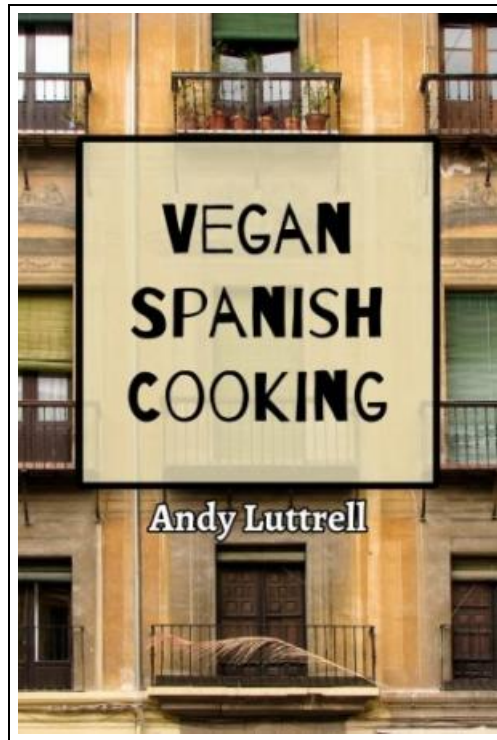


Vegan Spanish Cooking



Filesize: 5.01 MB

Reviews

*Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.
(Dr. Sarai Fisher DDS)*

VEGAN SPANISH COOKING

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 120 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Spanish food is in a category all its own, but with its liberal use of meat, eggs, and dairy, it hasn't made a splash in many vegan diets. . . until now. Although gazpacho and paella are often featured in vegan cookbooks, Spain has way more to offer in the food department. Vegan Spanish Cooking offers more than 40 totally vegan recipes for classic dishes from around Spain. The book is broken into five sections: Soups and Stews: Spanish food features a ton of great soups and stews ranging from cold and refreshing gazpacho to warm, comforting spinach and garbanzo stew. Recipes include the unique chilled salmorejo and Spanish versions of lentil stew, white bean soup, and more! Sauces: Learn a collection of powerhouse Spanish sauces including bravas sauce, mojo picon, and romesco. Faux Meats: Spanish food leans heavily on its unique meats and sausages, but this section includes vegan versions of Spanish chorizo, morcilla, and albondigas. Tapas: Everyone associates Spain with tapas, and you'll be able to throw a huge vegan tapas bash with this section's recipes, which feature patatas bravas, tortilla de patatas (an egg and potato omelet), eggplant rolls, and Spanish potato salad. For Dinner: For full Spanish meals, look no further than the paella, cocido (winter stew), stuffed eggplants, and more in this section. Throughout the book, you'll also learn about Spanish culture and the origins of some of its finest ingredients. These recipes are simple, satisfying, and totally vegan. So embrace the vibrant cuisine from Spain, tailored to a vegan lifestyle with Vegan Spanish Cooking. This item ships from La Vergne, TN. Paperback.

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