



The Chinese Vegan Kitchen: More Than 225 Meat-free, Egg-free, Dairy-free Dishes from the Culinary Regions of China

Donna Klein

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Colorful, aromatic, and flavorful—and as simple as ordering in.

The harmonious blending of color, aroma, and flavor has made Chinese cuisine one of the most popular on the planet. As the world's largest producer of fruits and vegetables, China boasts an impressive array of meat-free, egg-free, dairy-free dishes that has also made its cuisine one of the earth's healthiest. From tasty appetizers to mouthwatering desserts, *The Chinese Vegan Kitchen* is a collection of easy yet authentic recipes from the various culinary regions of China—Canton, Hunan, Peking, Shanghai, Sichuan, Taiwan, Tibet—that you can prepare in your own kitchen with ingredients readily available in western supermarkets. This book features:

- 225 delicious and nutritious recipes for appetizers, soups, salads, noodle dishes, rice dishes, tofu and other main dishes, side dishes, and desserts
- Nutritional analysis of calories, protein, total fat, saturated fat, cholesterol, sodium, carbohydrate, and dietary fiber for every recipe
- Cooks' tips throughout
- A glossary of ingredients and where to find them

This is vegan cooking like you've never experienced it—but you will be coming back to this irresistible collection time and again.

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Adrian White:

Playing with family in a park, coming to see the marine world or hanging out with pals is thing that usually you might have done when you have spare time, in that case why you don't try factor that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love The Chinese Vegan Kitchen: More Than 225 Meat-free, Egg-free, Dairy-free Dishes from the Culinary Regions of China, you may enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

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