



# Encyclopedia of Vegetarian Cuisine

*Estérelle Payany*

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## **Encyclopedia of Vegetarian Cuisine** Estérelle Payany

This comprehensive guide to vegetarian cooking presents over 200 step-by-step techniques and 100 illustrated recipes for delicious, easy-to-prepare, meat-free meals for the whole family. Vegetarian cuisine is increasingly popular as a way to eat locally and address the health and environmental issues linked to the production and consumption of meat. The range of vegetarian diets is vast and varied—from flexitarian to lacto-ovo vegetarian to vegan—and this exhaustive encyclopedia contains dishes to delight everyone.

Step-by-step kitchen techniques demonstrate how to prepare and cook the essential ingredients—from a vast array of fruits and vegetables to rice, wheat, or soybeans, and from mushrooms and seaweed to eggs and dairy products. Recipes include vegan and gluten-free options and reveal the infinite possibilities of vegetarian cooking to create healthy, tasty, and hearty meals. From shiitake, bok choy, and cashew fried rice to palak paneer; from fennel tortilla to pumpkin, red onion, and walnut kibbeh; and from passion fruit and pomegranate pavlova to hazelnut maple syrup tarts, recipes are organized by main ingredient and graded for difficulty, and include ten “challenges” contributed by international Michelin-starred chefs. A practical guide provides useful information on the different types of vegetarianism, how to achieve a balanced diet, product substitutions, seasonality charts, and illustrated guides to staple ingredients. The volume is completed with a bibliography and indexes to main ingredients, vegan recipes, and gluten-free recipes.

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