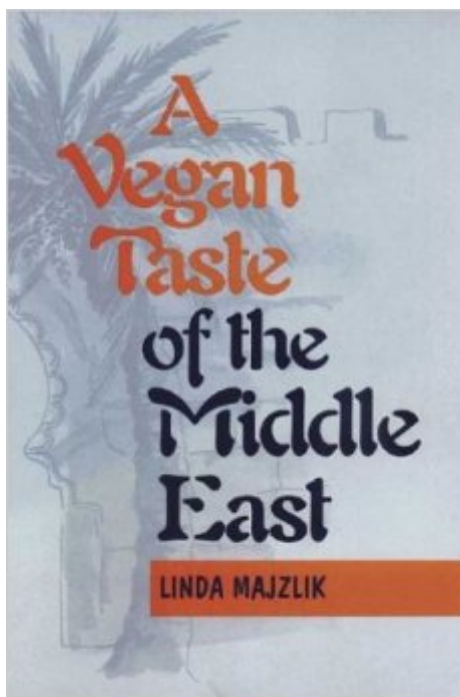


The book was found

A Vegan Taste Of The Middle East (Vegan Cookbooks)



Synopsis

This collection of cookbooks interprets the savory flavors of international cuisines for the animal-free, vegan diet. Each region's most famed dishes are detailed or redesigned to be meat- and dairy-free. With recipes for appetizers, breads, salads, main courses, desserts, and drinks, each cookbook covers the entire culinary palate. The authentic taste of Middle Eastern food is reproduced in this collection of vegan recipes. Instructions for more than 100 recipes are detailed, including such flavorful dishes as hummus, falafel, pita bread, Persian naan, and orange rice pudding.

Book Information

Series: Vegan Cookbooks

Paperback: 128 pages

Publisher: Jon Carpenter Publishing (April 1, 2004)

Language: English

ISBN-10: 1897766777

ISBN-13: 978-1897766774

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (3 customer reviews)

Best Sellers Rank: #1,387,252 in Books (See Top 100 in Books) #176 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #308 in Â Books > Cookbooks, Food & Wine > Regional & International > Middle Eastern #2058 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Bought these books as a gift for a vegan friend and looked into them. I was amazed at the huge variety of recipes that, as they say, looked good enough to eat! Choosing the cuisine of the area of the world you like helps to get iterating books.

This little volume to have a good selection of easily prepared vegan dishes. Easy to read directions are easy to follow.

It's important for vegans to keep their culinary options wide open. This cookbook provides an excellent selection of recipes for vegan chefs of any level. Yum!

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