



# One World Vegetarian Cookbook

*Troth Wells*

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## **One World Vegetarian Cookbook** Troth Wells

An information-packed gastronomic tour of the world and the ultimate resource for global vegetarian recipes

*One World Vegetarian Cookbook* starts in your backyard-buying produce at your local farmers' market or perhaps growing your own vegetables and herbs-then reaches around the world to bring the diversity and delight of vegetarian dishes into your kitchen.

Whether you only have a window box with some herbs, or a small garden behind the house, this is the seed that connects creative home-cooking to the traditional recipes that travel the globe, blending with local culture.

With an emphasis on simplicity and versatility, you'll find it easy to create dishes such as Bean bredie from South Africa, barley risotto from Italy, Nepalese lentil curry or lemongrass scented Thai soup. All you need to do is stock up your spice rack and take your taste buds traveling.

- \* Over 200 easy-to-cook vegetarian dishes
- \* Clear, step-by-step cooking method
- \* Personal recipes from around the world
- \* Full-color photographs throughout
- \* Food facts and a glossary of foods

The delicious recipes and beautiful photography combined with cultural and historic details make this a truly wonderful cookbook.

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#### **Belinda Bridges:**

People live in this new moment of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely of course. People is human not only a robot. Then we ask again, what kind of activity do you have when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, the book you have read is One World Vegetarian Cookbook.

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