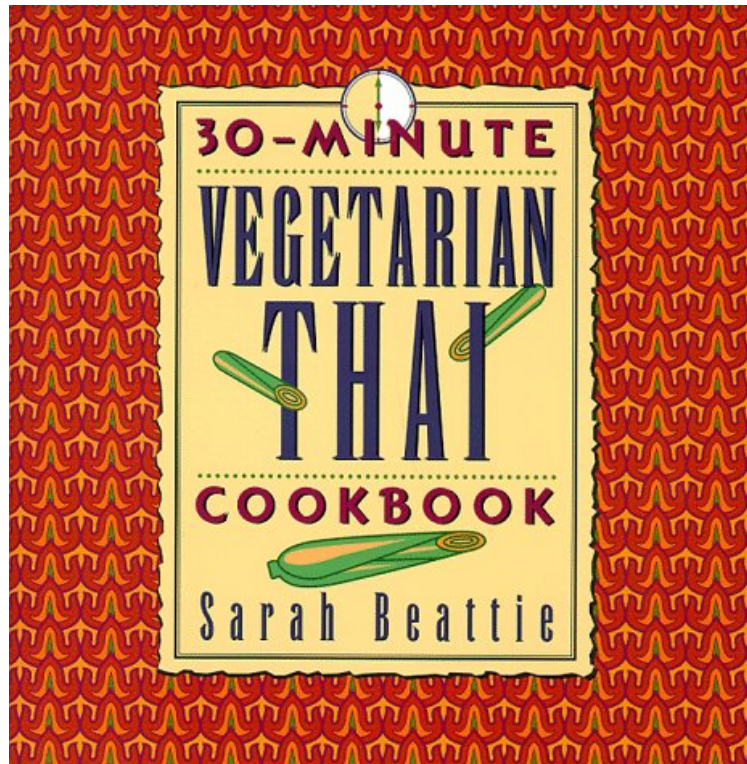


(Online library) 30-Minute Vegetarian Thai Cookbook (The 30-Minute Vegetarian Cookbook Series)

## 30-Minute Vegetarian Thai Cookbook (The 30-Minute Vegetarian Cookbook Series)

*Sarah Beattie*

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**Sarah Beattie : 30-Minute Vegetarian Thai Cookbook (The 30-Minute Vegetarian Cookbook Series)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised 30-Minute Vegetarian Thai Cookbook (The 30-Minute Vegetarian Cookbook Series):

10 of 11 people found the following review helpful. an excellent recipe book full of the joys of foodBy A CustomerThis is an excellent book by someone who has obviously been to Thailand to research and to reconfirm a love of Thai cuisine. There is nothing worthy or earnest or preachy about THIS vegetarian food-writer; it's a beautiful edition (and the pages stay open where you want them) and as either an intro or a revisit to Thai food, it is easy to follow, clear but always interesting.

Enjoy authentic vegetarian Thai food, without the hassle--in 30 minutes or less. Sarah Beattie, author of the "30-Minute Vegetarian Mexican Cookbook," adds another title to this exciting cooking series from Ecco. In this latest volume, Beattie introduces us to the sweet, sour, salty and spicy flavors of Thai cooking. Thai food has never been so simple! Using ingredients such as hot chilies, cooling coconut, zesty lime, piquant ginger, and fragrant lemongrass, Beattie offers tasty Thai dishes that are simple enough for the everyday chef and all ready to serve in 30 minutes or less. Beattie provides a pantry checklist and tips on how to present your dishes with authentic Thai finesse. Learn how

to make chili flowers, scallion frills, and deep-fried basil leaves. Over 100 recipes cover every part of the meal including soups, salads, curries, rice and noodle dishes, beancurd, egg and fritter entrees, stir-fries, sauces, desserts, drinks, and even snacks. That traditional Thai dishes such as Het Fang Ping, Vegetable Stir-Fry with Tamarind and Peanut Sauce, and Spring Rolls, as well as innovative dishes for the not-so-timid palate: Yellow Bean and Sweet Potato Stir-Fry, Braised Leeks with Ginger and Cashews, and Mussaman Curry. With this new book, preparing authentic Thai food doesn't have to be a chore. It can be fast, easy, and of course, delicious.

About the Author Sarah Beattie spent her childhood in Burma, Nigeria, Quebec and England. She has been a vegetarian for twenty years and has written for many British newspapers ("The Sunday Times," "The Guardian," "The Telegraph") and magazines ("BBC Good Food," "Today's Vegetarian," and "Vegetarian Living"). She has also appeared on various British radio and television food programs and was BBC Food Drink Mastercook in 1990 and BBC MasterChef of the North in 1991. She is the author of the vegetarian cookbooks "Neither Fish Nor Fowl" and "The Table of Content: A Vegetarian Dinner Party for All Seasons."