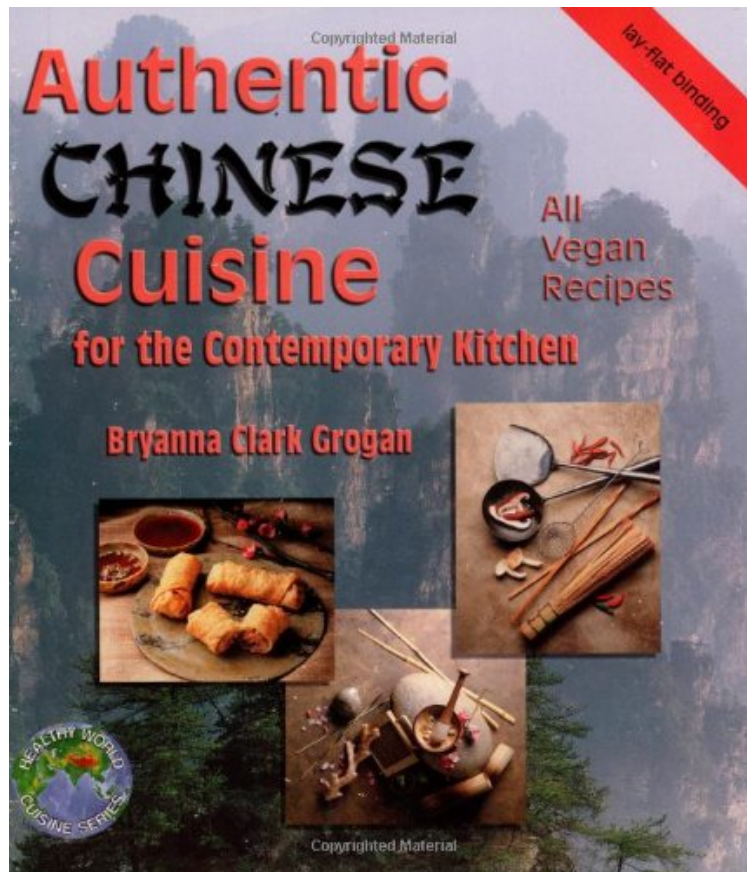


## Authentic Chinese Cuisine

Bryanna Clark Grogan

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#1212096 in Books 2001-01-01 Original language: English PDF # 1 7.79 x .49 x 7.141, .72 #File Name: 157067101X191 pages | File size: 44.Mb

**Bryanna Clark Grogan : Authentic Chinese Cuisine** before purchasing it in order to gage whether or not it would be worth my time, and all praised Authentic Chinese Cuisine:

0 of 0 people found the following review helpful. Happy with purchaseBy KeokikeAs advertised. Happy with purchase.1 of 1 people found the following review helpful. It just can't get any betterBy Maria VasquezI am in love with this cookbook. I used to eat a lot of authentic Chinese food when I was younger and have been missing it for years. This book makes it so easy to recreate dishes that I used to eat as an omnivore and they taste even better as vegan! It took me about 3 trips to an Asian grocery store to get all of the ingredients that I needed but it was totally worth the effort. I love that the author even incorporated mock meats that you can find at the store, my favorite being "Mock Duck." If you're serious about venturing into Chinese cooking, you absolutely need this book.1 of 1 people found the following review helpful. Love that it's all veg, but nothing too surprising hereBy T. RowanLove that it's all veg, but nothing too surprising here. Most sauces are the same 5 ingredient combo. I was hoping for more.

Nosh your way through this mouth-watering guide to all - vegan Chinese cuisine - Includes sections on: How to Plan a Chinese Meal, How to Make essential Chinese Ingredients, Regional cooking of China, and more - Contains a

collection of recipes for vegetarian 'mock meat' dishes - Provides variation, culinary delight, and nutritional excellence! **ADDITIONAL INFORMATION:** Authentic Chinese Cuisine contains a collection of innovative recipes for vegetarian 'mock meat' dishes, just like those you would enjoy in Buddhist restaurants. And since we are being urged to eat more vegetables than ever before, Chinese vegetarian cuisine can provide variation, taste, and nutritional excellence to boot. Bryanna Clark Grogan generously shares her knowledge of chinese ingredients and cooking techniques, helping to enrich your experiences with superbly crafted recipes.

Features many innovative recipes for vegetarian "mock meat" dishes, just like those enjoyed in Buddhist restaurants, as well as authentic, flavorful vegetable dishes. These recipes produce great results without exotic ingredients or special cooking equipment. About the Author Bryanna Clark Grogan has been a food writer and teacher for more than 30 years. Her interest in cooking began before she can remember and having her first child sparked a lifelong interest in nutrition. She is also the author of Authentic Chinese Cooking, Soyfoods Cooking for A Positive Menopause, Nonna's Italian Kitchen, 20 Minutes to Dinner, The Almost No Fat Cookbook, and The Almost No Fat Holiday Cookbook.. She lives with her husband Brian on idyllic Denman Island, off the coast of Vancouver.