

<<上品中国菜>>

图书基本信息

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### 内容概要

This book contains 60 quick and easy recipes for today's busy yet healthy lifestyle. Unlike many traditional Chinese vegetarian dishes which use highly processed wheat gluten to replace meats, the emphasis here is on natural ingredients such as mushrooms and bean curd, with fresh vegetables. Written in a step-by-step format with additional tips on the side, the tasty yet healthy dishes range from hearty soups, to steamed dishes and quick stir-fries and are a delight to create. Measurements are given in Metric, Imperial and American units for further convenience, and a fully illustrated glossary of ingredients provides practical information about popular ingredients found in Chinese vegetarian dishes.

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作者简介

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## 编辑推荐

《上品中国菜:素食(英文版)》: Chinese vegetarian dishes traditionally feature the use of mock meats made from wheat gluten. These meat substitutes are tasty but often contain additives such as artificial colouring and monosodium glutamate (MSG). Best of Chinese Cuisine: Vegetarian moves away from tradition with recipes using fresh and natural ingredients. The seasoning and sauces, as well as the cooking methods used in this cookbook, however, remain Chinese. Yellow bean sauce, sesame sauce and soy sauces are used, while dishes are stir-fried, braised or steamed. Best of Chinese Cuisine: Vegetarian offers an enticing spread from soups and appetisers to main dishes, dim sum and sweet desserts. Enjoy the tangy Hot and Sour Soup, the savoury Bean Curd Roll with Mushrooms and the refreshing Sweet-scented Lychees for your next vegetarian meal.

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