



The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors

By Hema Parekh

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The Asian Vegan Kitchen is a collection of recipes from across Asia, featuring the spices and the many tasty ingredients that have made these cuisines popular world-wide. It caters to the growing segment of people of all ages who have chosen to eschew animal products, yet still want to add some global spice and excitement to their diet.

There is one big difference between this and many other vegan cookbooks. These dishes do not use replacement ingredients for traditional recipes. Instead, author Hema Parekh - a noted teacher of vegetarian cooking styles in Tokyo - has selected recipes that were traditionally vegetarian, and have been enjoyed by diners for decades, even centuries. In doing so, she has had to make only minor changes, if any, for these recipes to be deliciously appealing to everyone: vegan, vegetarian or otherwise.

Over 200 dishes have been selected to cover a wide variety of tastes. Here readers will find vegan-ready recipes for everything from Japanese sushi to northern Indian curries, from Vietnamese spring rolls, to red-hot tofu, Chinese-style. Soups, noodle dishes and some desserts are also included.

The recipes are simple, with detailed explanations. Also included are over 50 mouth-watering photos and a comprehensive glossary.

Vegan cooking just became a lot more interesting.

A long-time vegetarian, Hema Parekh has been teaching vegetarian cooking in Tokyo for almost twenty years. She has written two popular books on vegetarian cooking in Japanese *A Touch of Spice* and *Indian Vegetarian Cooking* and is working on a third.

Parekh has lived in Japan for 27 years.

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- Sales Rank: #87611 in Books
- Published on: 2012-09-07
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 7.40" h x .50" w x 9.90" l, 1.30 pounds
- Binding: Paperback
- 192 pages

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Editorial Review

From Publishers Weekly

Because tofu and other vegan mainstays are part of their larders, and since they tend to be dairy-free by design, Asian cuisines lend themselves naturally to vegan cooking, and this handy cookbook does a beautiful job compiling attractive, tasty and uncomplicated vegan recipes from India to China and beyond. Take Japan's Simmered Mixed Vegetables, a deceptively straightforward preparation made complex with a sauce of soy, sake and dashi, a kelp-based stock that's the Japanese equivalent of chicken broth; exotic vegetables, including taro and lotus root, come alive in the salty-sweet braising liquid. Thailand's Sweet Corn Cakes are another example of simple-on-the-outside, intricate-on-the-inside vegan cookery, an addictive spin on traditional corn fritters spiced with ginger, garlic and coriander, and served alongside chili sauce and cucumber relish. Unfortunately, the cookbook is a bit confusing; the recipes are separated by country rather than, say, main ingredient, and the fine, full-color photographs of the dishes are all crammed in the middle of the book. Though cooks may spend extra time searching for ways to use up surplus zucchini, it's an appealing browse full of tasty diversions.

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From [Booklist](#)

Chef-author India-born Parekh, now headquartered in Tokyo, learned to cook defensively upon her marriage, after enjoying a Jain childhood of vegetables, lentils, and pulses. She selects the best, most familiar and comforting dishes (200 of them) from eight Asian countries; readers will recognize such favorites as Indonesia's nasi goring, Korean kimchi (in many varieties), China's Kung Pao in vegetarian mode, and the well-loved naan and chapati breads of India. Instructions, although relatively brief, are highly reliant on other recipes, like spices, sauces, stocks, and condiments (for instance, tofu mayonnaise, spicy soy-vinegar sauce, and Vietnamese vegetarian stock). Many also demand ingredients not easily found outside major U.S. metropolitan areas—tamarind juice and coriander roots with stems, to name two. Yet gourmet adventures beckon; it's hard to resist preparing different kinds of meals after seeing a centerfold full of glorious after color photographs. --Barbara Jacobs

Review

If your concept of international vegetarian cooking is limited to eggplant parm from Italy and bean burritos from Mexico, take a world tour with Hema Parekh, author of the new book, *The Asian Vegan Kitchen*. Parekh's philosophy is all about cooking as a way to share love and demonstrate hospitality. *New York Daily News*

"... wide variety of innovative dishes... Beautiful color photos." *Vegetarian Journal*

Users Review

From reader reviews:

Kimberly Gonzalez:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite e-book and reading a book. Beside you can solve your condition; you can add your knowledge by the guide entitled The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors. Try to stumble through book The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors as your close friend. It means that it can to be your friend when you sense alone and beside regarding course make you smarter than in the past. Yeah, it is very fortuned for yourself. The book makes you considerably more confidence because you can know every thing by the book. So , let's make new experience and knowledge with this book.

Daniel Hanson:

What do you consider book? It is just for students since they are still students or it for all people in the world, exactly what the best subject for that? Just simply you can be answered for that question above. Every person has diverse personality and hobby for every other. Don't to be pushed someone or something that they don't would like do that. You must know how great and also important the book The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors. All type of book is it possible to see on many sources. You can look for the internet methods or other social media.

Katrina Scofield:

Playing with family in a park, coming to see the ocean world or hanging out with buddies is thing that usually you might have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors, you can enjoy both. It is good combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't obtain it, oh come on its known as reading friends.

Kevin Masterson:

The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors can be one of your basic books that are good idea. All of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort that will put every word into enjoyment arrangement in writing The Asian Vegan Kitchen: Authentic and Appetizing Dishes from a Continent of Rich Flavors although doesn't forget the main point, giving the reader the hottest in addition to based confirm resource details that maybe you can be one among it. This great information could drawn you into brand new stage of crucial considering.

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