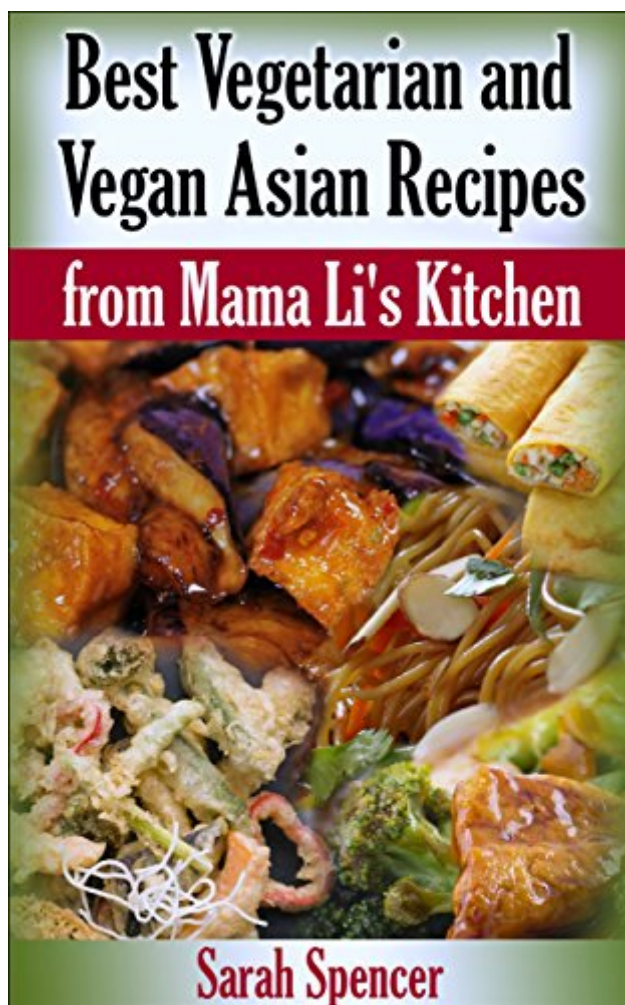


The book was found

Best Vegetarian And Vegan Asian Recipes From Mama Li's Kitchen



Synopsis

Prepare delicious vegetarian and vegan meals inspired from Mama Li's best recipes! From Mama Li's Kitchen to yours. Download FREE with kindle Unlimited! The beauty of Chinese cuisine lies in its simplicity. With a few ingredients rightfully chosen and flavorful spices, you can create the most amazing fresh meals in no time. You don't need to be an exceptional cook or have an immense pantry to enjoy your favorite vegetarian or vegan Asian dishes fresh from your own kitchen. It has become a tradition in our family to cook like Mama Li. In this book, you will find a collection of her best Asian vegetarian recipes from her restaurant. Mama Li showed me everything I know about cooking Asian foods. One of the warmest memories I have from Mama Li was the patience she showed toward me when she hired me to assist in her restaurant's kitchen. She would carefully explain and show me how to choose the right ingredients at the market, handle the knife and chop quickly the fresh produces, prepare the secret sauce with just the right amount of spices and ingredients, stir-fry with the most amazing pan in my kitchen, the wok, how to use a bamboo steamer and so much more. I learned so much for those two wonderful years working for Mama Li. Since, then I have continued cooking like Mama Li showed me while adapting the recipes to my own family's preferences. In this book, you will find everything you need to know about making at home delicious Asian vegetarian and vegan dishes including: Appetizing soups like the Sesame Bamboo Soup. Mouth-watering appetizers like the Spring Onion Pancakes or the Crispy Skin Tofu. Divine Entrees such as the Five Spice Tofu and Eggplant, the Ginger Lo Mein or the Emperor Vegetables with Rice. Memorable rice and noodle dishes like the Yang Chow Fried Rice or Chicken Lo Mein. Sweet desserts like the Sweet Bun with Red Bean Paste. Read on your favorite devices such as Kindle, iPhone, iPad, Android cellular phone, tablet, laptop, or computer with 's free reading Kindle App. Scroll back up and click the BUY NOW button at the top right side of this page for an immediate download!

Book Information

File Size: 4695 KB

Print Length: 97 pages

Simultaneous Device Usage: Unlimited

Publisher: The Cookbook Publisher; 2 edition (June 29, 2015)

Publication Date: June 29, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B010MXJH08

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #591,401 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian

> Wok Cookery #94 in Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery

#1286 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian

Customer Reviews

I Am A Meat Eater... I am not only a meat eater but I also write cookbooks about it. I usually have a couple of Veggie recipes in each one. The title of this book caught my attention, first it lists Vegetarian AND Vegan recipes. (Vegan is no animal ingredients of any kind, no eggs, milk etc.) Second it is primarily Asian fare. I then looked at 's free peak of the table of contents and gazed at the list of recipes and I was hooked. Chef Sarah Spencer has chosen my favorite food, Asian. Many of these delicious dishes I love but never thought of them being Vegan or Vegetarian, just great. She opens with four soups, two are already my favorites. Tofu Mitso Soup and Hot and Sour Soup. Her ten appetizers include Spring Onion Pancakes, Sesame Wontons with Dipping Sauce and Vegetarian Sushi. The twenty-four entrees include Vegetable Fried Rice, Shanghai Noodles and Citrus Curry Stir Fry. Chef has not forgotten dessert with treats like Sesame Pudding. A rare volume packed with great food. Recommended!

Great recipes. Not being vegetarian myself it is still nice to have some savory vegetarian meals included to my diet.

Excellent selection of yummy recipes! I can't wait to try them all!

From delicious looking dishes to soups and desserts, easy to read directions, appetizing photos, cannot wait to try some of the recipes.

This was a good book with some good recipes even for a meat lover.

I love all, the recipes they are very simple to make. I will definitely recommend everybody to purchase this book.

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Best Asian Recipes from Mama Li's Kitchen BookSet - 4 books in 1: Chinese Take-Out Recipes (Vol 1); Wok (Vol 2); Asian Vegetarian and Vegan Recipes (Vol 3); Egg Roll, Spring Roll and Dumpling (Vol 4) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Easy Asian Cookbook: 200 Asian Recipes from Thailand, Korea, Japan, Indonesia, Vietnam, and the Philippines (Asian Cookbook, Asian Recipes, Asian Cooking, ... Thai Recipes, Japanese Recipes Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Best Vegetarian and Vegan Asian Recipes from Mama Li's Kitchen Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Yo Mama Jokes Encyclopedia -The Worlds Funniest Yo

Mama Jokes: Yo Mama Jokes, Jokes and Riddles, Humor, Jokes For Kids, Comedy, Best Yo Mama Jokes KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)