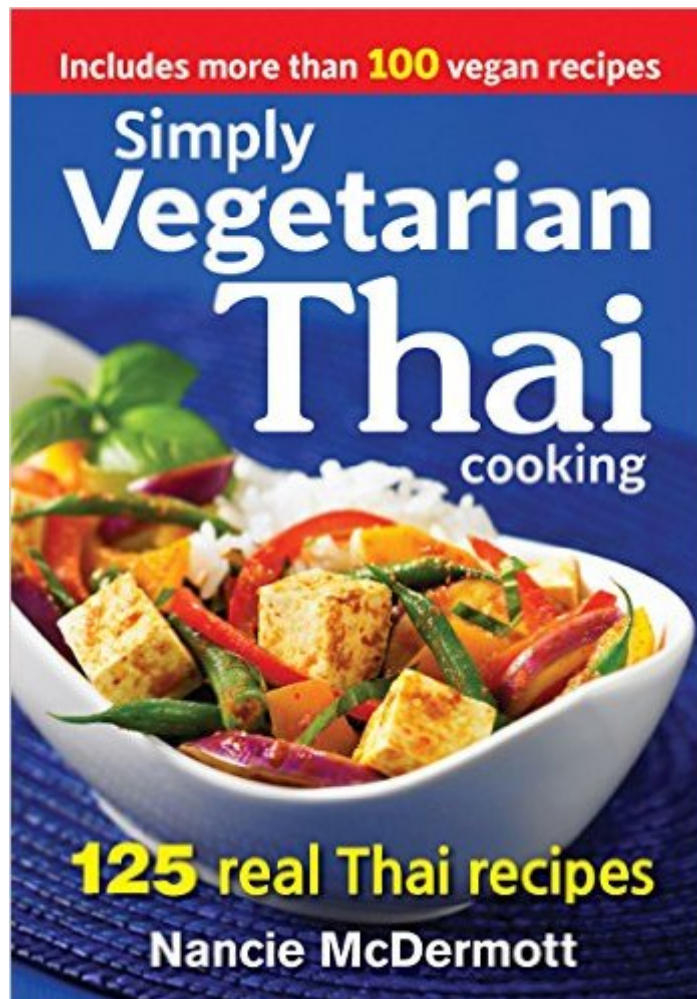


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Simply Vegetarian Thai Cooking: 125 Real Thai Recipes



Synopsis

Though millions love Thai food, actual meatless recipes and dishes are often difficult to find. Nancie McDermott has developed innovative and authentic variations on traditional Thai recipes, providing health-conscious home cooks with a repertoire of vegetarian dishes that capture the vibrant tastes and scents of Thailand. From refreshing salads and savory soups to flavorful and spicy mains and side dishes to the wonderfully refreshing Thai Iced Tea, this definitive cookbook offers 125 delectable recipes for every meal and occasion. Vegans will be pleased with the recipes since dairy products are virtually unused. The ever-popular eggs as an ingredient are usually left whole in these recipes, making substitutions and omissions easy. In most of the recipes that use eggs, Nancie has provided adaptations for vegans. Here are genuine Thai recipes for every meal and occasion: Appetizers and Snacks, Salads, Soups, Curries, Main Dishes, Rice and Noodles, Sweets and Drinks, Basic Recipes for Curry Pastes, Sauces and Stocks. A glossary introduces and demystifies the ingredients and equipment used in Thai cooking. McDermott also offers tips for finding ingredients and lists substitutions that might be needed.

Book Information

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Customer Reviews

This is a fantastic cookbook filled with fresh and inviting Thai dishes, that happen to be vegetarian. Many Thai dishes seem to be vegetarian at heart, so the recipes don't seem to be missing much at all, and the recipes can easily be adjusted either way (e.g., omit eggs or add sliced chicken breast toward the end of cooking). The book is written by acclaimed cookbook author " and former

Peace Corps-volunteer to Thailand â Nancie McDermott, and theyâre both easy to follow, and easy to make, and include generous introductions and explanations of each dish, along with extended descriptions of the foods of Thailand, their unique ingredients, the background of these types of dishes in Thailand, sample menus and more. I didnât know that fresh salads are called âyumsâ in Thai? How appropriate is that?! My familyâs favorite recipes thus far include her versions of tom yum (âTome Yungâ) soup, which includes mushrooms and tofu, and her red curry, which includes red sweet peppers, snow peas, and tofu. We also love her pad thai (âPaht Thaiâ) â delicious! Her descriptions are so clear, itâs impossible to get confused or lost. McDermott also includes recipes for a lot of basic components used in Thai cooking, like roasted chili paste, or red, green, yellow and massaman curry pastes. Wonderful cookbook!

Same cookbook as Real Vegetarian Thai. Still a very delicious cookbook. The curry pastes are worth the price of the book. Very balanced and very flavorful.

This is a very comprehensive review of Thai cuisine in all of its formats, ranging from appetizers, snacks and drink recipes to rice and noodle entrees, curries, soups, salads and stir fries. We love Thai food but were never tempted to tackle it in our own kitchen prior to this inspiring guidebook. Easy to understand recipe directions, good tips and suggestions for varying each recipe, as well as a solid glossary and resource guide to familiarize yourself with the ingredients and spices you will need to keep handy in order to enjoy this nutritious and exotic cuisine on a regular basis.

I was expecting a cookbook full of delicious recipes, but what I wasn't expecting was a cookbook also filled with lovely stories of daily life in Thailand. Nancie's anecdotes of what it's like to shop in markets, dine with friends, and even get ready for the day made the recipes all the more appealing. It's those small details that make the reader feel more connected to the cuisine! You'll also find a helpful glossary of ingredients at the back of the book and helpful chapter headers throughout. And although the title is "Vegetarian Thai," the recipes would easily translate to being either vegan (omit the eggs) or meat-driven (add meat). Noodle dishes, curries, and stir-fries are endlessly versatile in terms of what you can add, plus there's an entire chapter on making classic sauces, pastes, and condiments. Two words I would use to describe this cookbook: versatile and authentic. Oh, wait, two more: approachable and delicious. You'll find lots of inspiration in these pages!

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Simply Vegetarian Thai Cooking: 125 Real Thai Recipes Vegetarian: High Protein Vegetarian

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