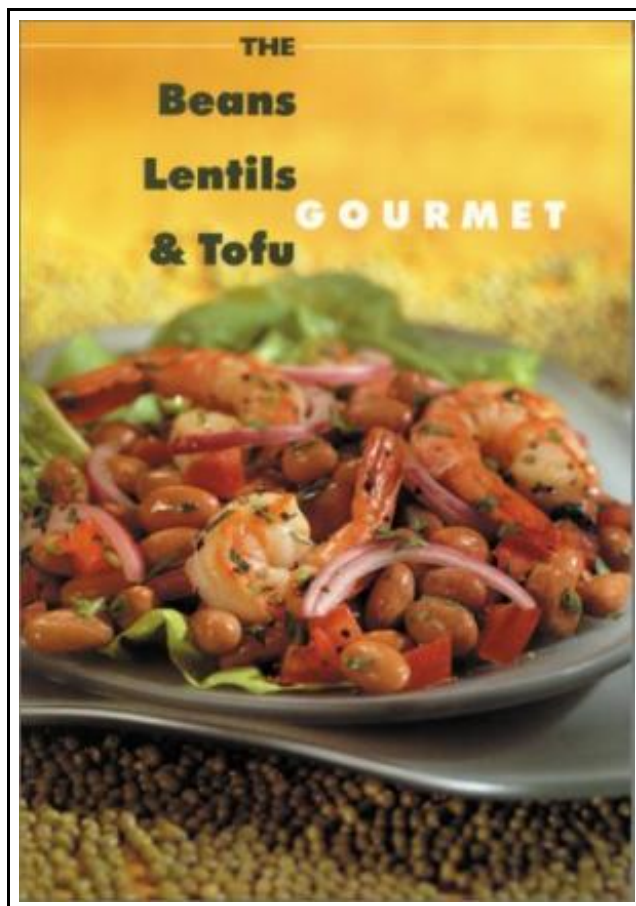


The Beans, Lentils and Tofu Gourmet



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Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

(Claud Schaden)

THE BEANS, LENTILS AND TOFU GOURMET



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Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Beans, Lentils and Tofu Gourmet, Peter Matthews, Everyone knows that beans, lentils and tofu are good for you. Beans and lentils, for instance, provide fibre and a host of other nutrients, and soy is one of the healthiest foods available. But gourmet food? Surely not! Yes, it can be and here is the book to prove it, with a tantalising range of dishes from around the world that will give you a whole new perspective on the humble legume, from the elegantly Continental, authentically Wild West, exotically Middle Eastern and Indian to stir-fried Oriental. This book features: all about beans, lentils and tofu; appetizers; soups; salads; chillies, stews and casseroles; meat, fish and poultry; pasta and grains; meatless dishes; side dishes; more than 125 gourmet recipes offering simply sensational food; kitchen tips and serving suggestions throughout; and helpful advice on buying, storing and cooking legumes and tofu.



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