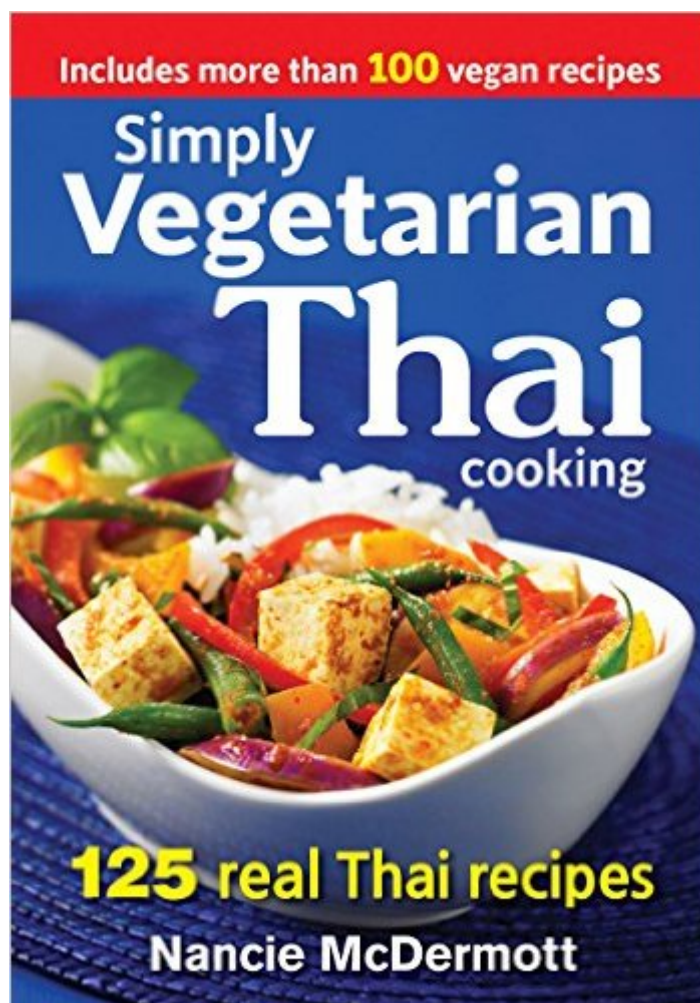


The book was found

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

Paperback: 240 pages

Publisher: Robert Rose; Exp Rev edition (February 19, 2015)

Language: English

ISBN-10: 0778805050

ISBN-13: 978-0778805052

Product Dimensions: 7 x 0.7 x 10 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #637,923 in Books (See Top 100 in Books) #71 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Thai #813 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #6456 inÂ Books > Cookbooks, Food & Wine > Regional & International

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 donâ™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 â” 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œyumsâ in Thai? How appropriate is that?! My familyâs favorite recipes thus far include her versions of tom yum (âœTome 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œPaht 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 wasnât expecting was a cookbook also filled with lovely stories of daily life in Thailand. Nancieâs anecdotes of what itâs like to shop in markets, dine with friends, and even get ready for the day made the recipes all the more appealing. Itâs those small details that make the reader feel more connected to the cuisine! Youâ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 thereâ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. Youâll find lots of inspiration in these pages!

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

Simply Vegetarian Thai Cooking: 125 Real Thai Recipes 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) THAI FOOD - VEGAN
THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD
VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD
VEGAN RECIPES Book 1) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And
8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook,
Vegan, Clean Eating, Raw Diet) 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) RECIPES:THAI FOOD: VEGE-THAI-RIAN: MOUTHWATERING THAI VEGETARIAN
RECIPES (Vegan, Vegetarian Quick Easy Reference): Child Approved Simple Recipes, Fusion ...
Special Diet Special Occasions) Thai Cooking: Easy Thai Recipes for Beginners - Simple Asian
Recipes for Starters (Thai Food for Dummies - Simple Thai Dishes at Home Book 1) Vegetarian:
4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal
Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Vegetarian Quick
& Easy - Under 15 Minutes: (100 Simple Natural Food Recipes) (Weight Maintenance & Low Fat
Lifestyle) (Vegetarian Weight Loss) (Special ... & Vegetarian Recipes Collection Book 2) Vegetarian:
The Beginners Guide to a Vegetarian LifestyleÂ© with The Top 170+ Healthy Recipes (Includes 8
FULL Weeks FULL Month Meal Plan, Vegetarian Diet Weight Loss Cookbook) Vegetarian: 50 The
Best Vegetarian Slow Cooker Recipes-Great, Healthy, Delicious Place To Start With Vegetarian
Slow Cooker The Ultimate Thai Cookbook: Thai Cuisine Made Easy (Thai Cooking Recipes)
Traditional Thai Cookbook - 27 Quick and Easy Thai food Recipes: Learn Thai Cooking to Cook
Like an Expert Thai Cooking: Cook Easy And Healthy Thai Food At Home With Mouth Watering
Thai Recipes Cookbook The Thai Slow Cooker Cookbook: Homemade Thai Cooking with Easy Thai
Food Recipes Modern Thai Food: 100 Fabulous Thai Recipes for Contemporary Cooks [Thai
Cookbook, 132 Recipes] Thai Cooking: The Ultimate Thai Cooking Cookbook with Experienced
Chef: Enjoy The Top Rated Recipes Thai Food: Top 50 Most Delicious Thai Recipes [A Thai
Cookbook] (Recipe Top 50s Book 130) 132+ Delicious Salads, Dressings And Dips: Healthy Salad
Recipes For Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE
Healthy Eating Cookbooks And Vegetarian Recipes) Top 30 Polish Vegetarian Recipes in Just And
Only 3 Steps (World Most-Popular Vegetarian Recipes Book 6)