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Karen Jennings

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Karen Jennings : HELP! There's a VEGAN Coming for Dinner - Japanese Style before purchasing it in order to gage whether or not it would be worth my time, and all praised HELP! There's a VEGAN Coming for Dinner - Japanese Style:

Japanese food is becoming increasingly popular in the west, but for many it still conjures up images of raw fish served on a mound of rice. HELP! There's a VEGAN Coming for Dinner - Japanese Style invites readers to look beyond this narrow preconception and sample delights such as noodle soups, gingered faux beef and tempura apples with whisky dip. Sometimes people who eat a meat-based diet find the thought of cooking for a vegan quite overwhelming. HELP! There's a VEGAN Coming for Dinner - Japanese Style dispels the myth that vegans are impossible to feed, even when cooking up a Japanese style banquet. Every recipe in this beautiful book is free from meat, seafood, dairy and eggs but full of flavour. Each one has a colour picture showing the finished dish along with easy to follow instructions and ingredients readily available from major grocery chains or Asian supermarkets.