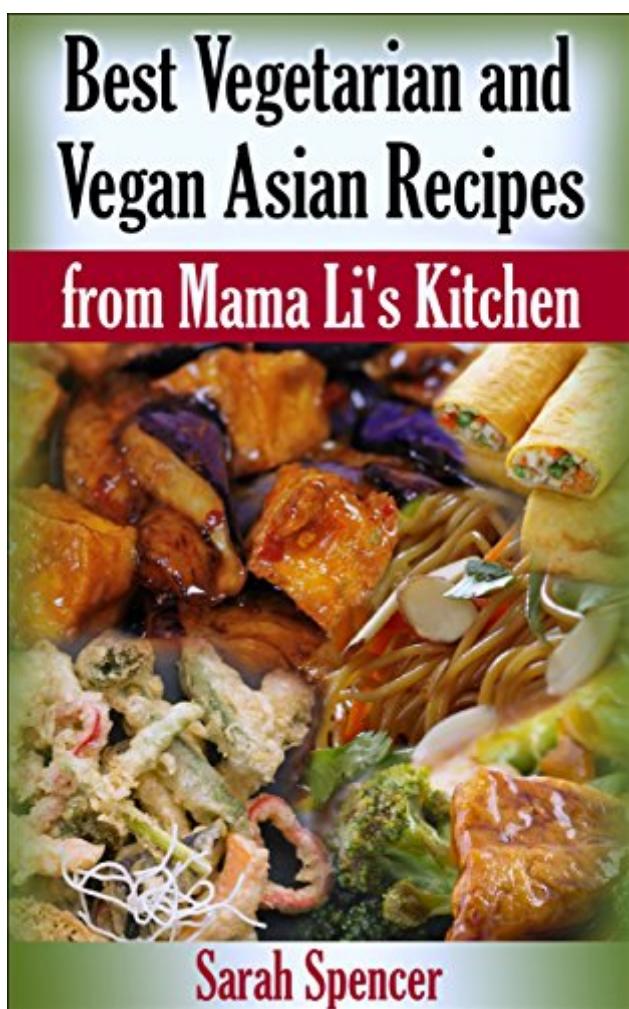


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# Best Vegetarian And Vegan Asian Recipes From Mama Li's Kitchen



## 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 produce, 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 the 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

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## **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.

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