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# 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)



Vegetarian Recipes  
From Our Vietnamese Home



MICHELLE TRAN



## Synopsis

AWESOME VEGETARIAN VIETNAMESE FOOD RECIPES YOU CAN MAKE AT HOMEOUR FAMILYÃ¢ ¸S BEST VIETNAMESE VEGETARIAN RECIPES FOR HEALTHY EATING AND HEALTHIER LIVINGThese family recipes teach you how to make authentic home-style Vietnamese vegetarian food in your own kitchen!I am Michelle Tran from Saigon / Ho Chi Minh City and my family makes Vietnamese vegetarian food every day Ã¢ ¸ and you can, too!We are Vietnamese cooking teachers and we teach you how to:Select the freshest vegetables and products to make the most delicious Vietnamese vegetarian foodHow to make every day vegetarian food that the whole family will enjoy Ã¢ ¸ plus sweet dessertsUnderstand the correct cooking techniques to make every dish authentic and deliciousHow to flavor your vegetarian cooking so it has the right balance of spicy, salty, sweet and sour for your taste!Here are some of the favorite dishes that we love to make:HAPPY RICE NOODLE SALADVIETNAMESE CILANTRO Ã¢ ¸ PESTOÃ¢ ¸ RICE NOODLE SALAD WITH BASIL AND CILANTROVIETNAMESE LETTUCE WRAPS WITH TOFU SURPRISEVIETNAMESE FRESH SPRING ROLLSVEGETARIAN VIETNAMESE PHO NOODLE SOUPVIETNAMESE RICE CRISPSVIETNAMESE BANH MI SANDWICHES WITH LEMONGRASS TOFU CHEWY CREPESSCALLION CAKECARROT PEANUT SALADSTIR-FRIED TOFU WITH PEPPERS AND EGGPLANTVEGETARIAN CURRY WITH FRESH GINGER AND LEMONGRASSGREEN PAPAYA SALADCORN WITH CHILI AND SCALLIONSPICY CABBAGE SALADGRILLED TOFU, NOODLE AND HERBS SALADBEAN THREAD NOODLE SALADTOFU LETTUCE CUPSHOT AND SOUR TOFU SOUP WITH LEMONGRASSFIVE SPICE NOODLE SALADZESTY FRESH VEGETABLE SALAD WITH CRUNCHY PEANUTSREFRESHING VEGETABLE PLATTERThe Amazing Bounty That Is Vietnamese Vegetarian cooking!Vietnamese cooking offers a huge variety of vibrant flavors, exciting colors and satisfying textures for any one seeking inspired vegetarian eating.Vietnamese cooks and eaters highly value vegetables and fruits as they are available all year long, right from the family garden, nearby fruit trees, the many fresh markets or plucked from trees and bushes by the side of the road.These recipes have been adapted from traditional Vietnamese family recipes. I have studied cooking with my mother and grandmothers since I was a little girl. We taught the American cook called Ã¢ ¸ Chef TummyÃ¢ ¸ to cook our vegetarian style and now we and want to share our family recipes with you in this English-language volume.PLEASE ENJOY OUR BOOK AND DOWNLOAD YOUR COPY TODAY -- THANK YOU!

## Book Information

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## **Customer Reviews**

a sunburst of joy! I have been looking for a vegan Vietnamese cookbook for eons and here it is. San Jose Ca is the perfect place to find all of the ingredients I need. We have a bright productive Vietnamese community. This cookbook is just what I needed to satisfy my desire for home cooked Vietnamese foods.

This book is a great introduction to both vegetarian cooking and the light and delicious Vietnamese-style cooking. I loved the detail of how to buy the ingredients and good substitutes for when you can't find the original herb or veggie. I want to try all the recipes!!

During my second tour in Vietnam I was an advisor to an ARVN infantry regiment in the Mekong Delta and absolutely fell in love with Vietnamese food. Sadly, although I've lived in many places both in the United States and abroad over the years, I've seldom been able to find any Vietnamese

restaurants to satisfy my desire for more of it. That being said, I was thrilled to find Michele Tran's 'Vegetarian Vietnamese' cookbook and, while I do enjoy meat and fish, I've found these recipes to be very satisfying. Even better, they are easy to prepare although I do occasionally have to substitute the odd ingredient owing to my inability to find what I need in shops here in Spain. If you like Vietnamese food or if you are a vegetarian looking to diversify your recipe file, I'd highly recommend this book.

This book is a delight! There is not one recipe that doesn't sound fresh, simple and delicious. I must confess to not having tried cooking Vietnamese Vegetarian food but this has now changed. The spicy Cabbage Salad is to die for as are the Tofu Lettuce Cups and I can't wait to try more. The Lemongrass Lemonade is the next thing I'm going to make - sounds really refreshing. This book is a must for anyone wanting to vary their vegetarian diet but even if you are a meat eater, you will still enjoy the fabulous recipes. Recommended!

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