



Vegetarian Recipes Made Easy: Cookbook of global dishes for a healthy diet

Archana John

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Also by Archna John

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This second edition has been made easier, provides more choices and has been updated to include common North American and Canadian vegetables, ingredients, terms, and measurements.

For an ebook on desserts to go with these recipes check out My Little Desserts Book by the same author.

What we eat is crucial to our health, state of mind, and quality of life. Everyone knows vegetables are healthier to eat as they are rich in nutrients and vitamins. The idea behind Vegetarian Recipes Made Easy is to provide you with a rich selection of tasty, easy to cook dishes, most of which can be prepared in under 35 minutes.

I've used a wide range of basic spices, herbs, sauces and oils. As you cook more and more recipes your skill in the use of them will increase, which in turn will give you the confidence to experiment. I have taken care to suggest alternative ingredients and spices where possible to provide flexibility.

At the back of the book is a list of spices, oils, herbs and sauces I have used, and recommend you put together as your repertoire increases.

Over 90 recipes from many different cultures: European, Caribbean, African, Indian, Chinese, Mexican, and Burmese are presented in 7 chapters. Each chapter has a list of recipes on the first page and comes with photos of the dishes.

I have to admit I prefer to mix my own homemade sauces where possible so that I know what ingredients have gone into them. The recipes for sweet sour sauce, tandoori sauce, and pesto are presented in chapter 7. I have tried to make the recipes as healthy as possible by careful use of cooking oil, and stir-frying where possible. In addition, I've used natural yogurt instead of cream, as well as spices and herbs that are known to provide health benefits.

I love entertaining and it gives me great pleasure when people enjoy my cooking and ask for my recipes. These requests have inspired me to produce this book. It has been several years in the making. I have tried very hard to provide a rich variety of tasty vegetarian dishes with clear and easy to follow instructions. In many instances I have added a modern touch to make them more accessible.

I have timed each recipe from the moment all the ingredients have been gathered around to when the dish is ready. The timings will vary depending on your level of skill, type of saucepans used and your stove. The saucepans I have used are non-stick and require less cooking oil. My stove is a modern electric cooker with a

fan oven.

My recipes are from my everyday cooking over the years and have stood the test of time. I invite you to try them, and enjoy (as I have done) the benefits of growing up and living amongst different cultures and peoples.

WHAT TO COOK

1. Vegetarian Ninja

Corn Soup

Chilli Aubergine (Egg Plant)

Garlic Pak Choi (Chinese Cabbage)

Egg-Fried Rice

2. Chicharito in da House

Fried Bean Tacos

Spaghetti Quornase

3. Ratatouille Rides Again

Ratatouille

Spicy Fried Rice

Kuchumber

4. Bhangra Connection

Karhai Butternut Squash

Chapati

Tomato Salsa

5. High Noon Snacks

1. Grilled Halloumi Panini (10 minutes)

2. Sunday Eggs with Spicy Baked Beans (15 minutes)

3. Masala Frittata (25 minutes)

6. East Meets West

Chilli Paneer (or Chilli Tofu)

Vegetable Lasagne

Sesame Broccoli

Sweet Potato Salad

7. Yuppie Surprise

Danish Cheesy Dip with nachos

Vegetable Quiche

Spanish Garlic Mushrooms

Sweet Potato Salad

8. Usain's Jamaican Special

Stewed Red Kidney Beans

Fried Plantain

Macaroni Cheese Pie

Cassava (Yuca) Salad

9. Sunday Brunch

Filipino Fanned Aubergine (Egg Plant) with toasted bagel or toast

Avocado Tomato Salad

10. African Delight

Pilli Pilli Mogo (Cassava, Yuka)

Kunde (Black-Eyed Beans)

Couscous Salad

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Antonia Parham:

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