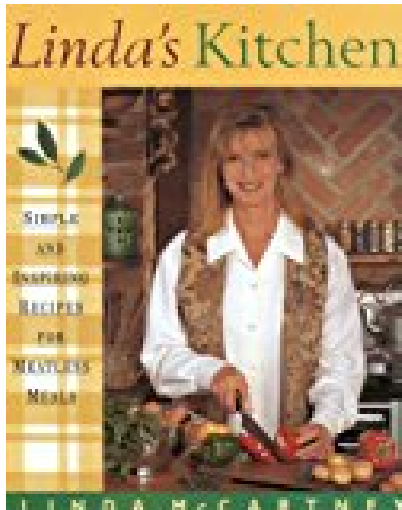


Linda's Kitchen Simple and Inspiring Recipes for Meat-Less Meals



BOOK DETAILS

- Author : Linda McCartney
- Pages : 192 Pages
- Publisher : Bulfinch
- Language : English
- ISBN : 082122123X

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BOOK SYNOPSIS

Linda McCartney's first cookery book HOME COOKING was published in 1989 and sold over 350,000 copies worldwide. Following on from its success, LINDAS KITCHEN was published in 1995 and became the essential vegetarian cookbook for every kitchen. It reflected the changing eating habits of our times and offered inspiring, simple to prepare recipes for meals without meat. Now reissued in paperback for the first time this exciting collection of over 200 tempting recipes provides a blue-print for a vegetarian way of life. In addition to the recipes the book features a seasonal menu planner packed with ideas for informal family suppers, vegetarian dinner parties, teenage buffets, summer barbecues and warming Sunday lunches. Information panels give clear instructions for simple food preparation and there is a section on nutrition for vegetarians and basic recipes such as mayonnaise, vinaigrette and pastry. The dishes are healthy, nutritionally well-balanced and low in saturated fats making this the ideal book for anyone interested in adopting a healthier diet and a kitchen essential for committed vegetarians.

LINDAS KITCHEN SIMPLE AND INSPIRING RECIPES FOR MEAT-LESS

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