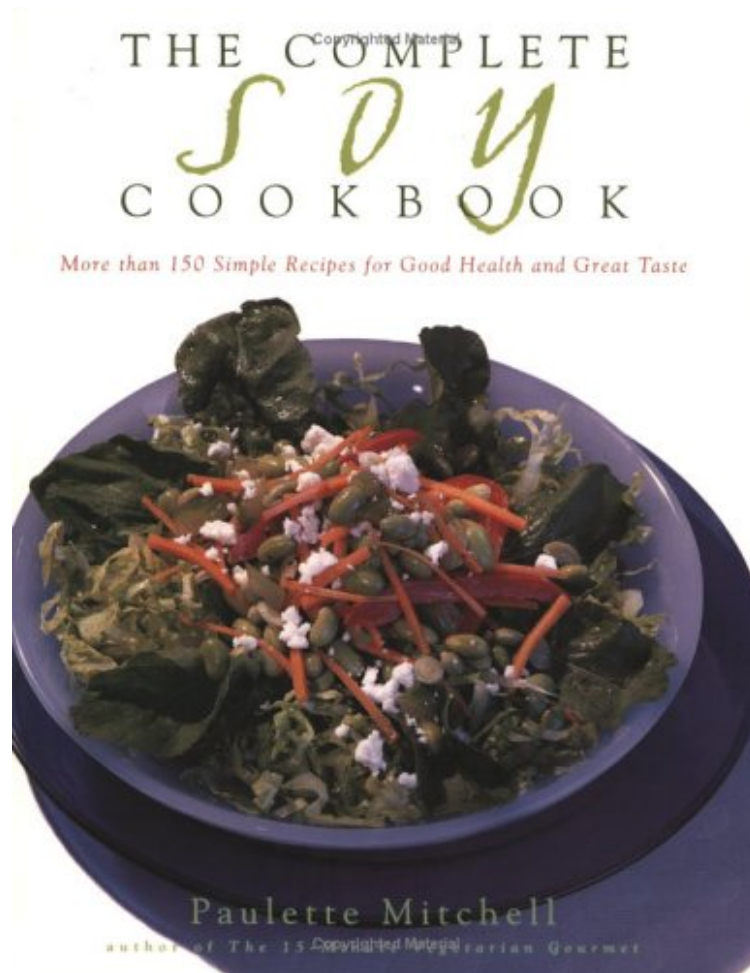


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## The Complete Soy Cookbook

*Paulette Mitchell*

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**Paulette Mitchell : The Complete Soy Cookbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Soy Cookbook:

114 of 116 people found the following review helpful. One of the best soyfoods cookbooks I've seenBy Rachel DawnI was surprised to see that no one had written a review on this book. I have more than a dozen cookbooks devoted to soy products and this is one of the most impressive. The Author provides ample information about the benefits of soy, but in a very conversational manner. The directions are very simple and straightforward. Many cookbooks I've seen appear to be written by and for a culinary professional, but this one is aimed at home cooks with limited resources. There are some "exotic" ingredients, but most of them are common to your grocery store. Many recipes are low in fat. There are no pictures, but there are none needed. The recipes layouts are very easy to follow and the colors are pleasant to the eyes. Those who cannot see well may be deterred by the medium sized text. Most recipes are vegan. None contain any kind of meat, making this an excellent resourse for vegetarians. There are 170 recipes with many optional variations.

Overall, I highly recommend this book. Some recipes are: fresh pea soup; creamy tomato soup; tempeh-fruit salad; Greek tofu salad;tofu curry; tofu-mushroom marsala; tempeh with black bean sauce;vegetable tartlets with herbed tomato sauce as well as lasagnes, puddings, pies, and several recipes calling for fresh, green soybeans (which grow easily at home if you're a gardener) Please look into this book.0 of 0 people found the following review helpful. Fantastic recipesBy LBThis book has some great, easy to make recipes that don't require lots of specialty ingredients. Bought it used and was in excellent condition.10 of 10 people found the following review helpful. Soy-licious!By Katie O'CaldwellI'm not one to write reviews. Usually I read other people's reviews and then decide whether to buy. Originally, I discovered this book at my local library and checked it out. Before it was due back, my husband and I made a couple of the recipes and really liked them. About six months later I was back in the cookbook section of the library and recognized this book from our previous encounter. I brought it home again. My husband made the Tofu-Mushroom Stroganoff and that was all it took! We bought this book and everything we have made is easy and delicious. I love to eat. Take it from a real foodie - this book is a great buy.

Soy to the World! At last the soybean comes of age. In *The Complete Soy Cookbook*, Paulette Mitchell, veteran cooking teacher and author of the popular *15-Minute Gourmet* series, proves that you can have your health and great taste too! Soybeans and the products made from them—tofu, tempeh, soy milk, and soy flour—are the perfect, tasty additions to the diets of discerning eaters. It is no secret that soy's health benefits are vast: Soy has been shown to fight and prevent cancer, lower cholesterol, and relieve the symptoms of menopause. What has never before been so clear, however, is that foods made from the soybean can be delicious. They go well with every kind of flavoring—herbs, spices, vibrant marinades—and, when prepared according to Paulette's inspired recipes, are suited to every occasion, from quick weekday meals to elegant entertaining. Here are recipes that gourmet palates will love. From appetizers, such as *Roasted Red Pepper Hummus*; to soups, such as *Curried Corn and Pepper Chowder*; salads, like *Two-Bean Salad in Walnut Vinaigrette*; entrees, including *Spicy Cashew Stir-Fry* and *Vegetable Tartlets with Herbed Tomato Sauce*; even such desserts as *Lemon Mousse* and *Caramel Custard*, these are recipes you will want to prepare for their superb taste. These 170 exciting new vegetarian recipes prove that cooking for good health means eating for great taste. *The Complete Soy Cookbook* Praise for *The Complete Soy Cookbook* "A stroll through the pages of *The Complete Soy Cookbook* will inspire even the most hardened soy skeptic to give tofu and soy milk a whirl. The book is a treasure. Its pages are jammed with recipes for beautiful, delicious, and healthful foods—a testament to how satisfying and beneficial today's simply prepared soy dishes can be." —Suzanne Havala, M.S., R.D., F.A.D.A., nutrition advisor for the Vegetarian Resource Group and author of *Shopping for Health and Simple, Lowfat Vegetarian* "With all of the emphasis being placed on the importance of soy products in our diets, this imaginative and comprehensive book will be a valuable addition to every kitchen library. Like all of Paulette Mitchell's other books, the recipes in this one are well written and easy to follow." —Jeanne Jones, syndicated columnist and author visit us online at <http://www.mgr.com>

.com Is lack of time your excuse for not using soyfoods to prepare healthy food? Preparing delicious, healthy food using soy is easier than you think. Author of the *15-Minute Gourmet* series, Paulette Mitchell has become accustomed to efficiency in the kitchen. In *The Complete Soy Cookbook*, she continues the quick but healthy trend in cooking using soy. As she notes, "the recipes rely on the imaginative use of ingredients rather than elaborate techniques." Mitchell includes a description of soyfoods and the facts regarding soybeans as they relate to many of today's primary health concerns. Learn how to make soy part of your healthful lifestyle using a variety of ingredients, including different types of tofu, tempeh, and soybeans (dry, canned, and fresh). *The Complete Soy Cookbook* provides recipes suited to every occasion, from quick weekday meals to elegant entertaining. The style is best described as fusion cooking: Mitchell blends elements of many diverse cuisines in her book. "This culinary chameleon truly is one of the most versatile foods on earth," Mitchell writes, and it's evident in recipes such as *curried sweet Potato Soup*, *Tofu-Mushroom Stroganoff*, *Tempeh Paella*, *Tofu Tiramisu*, *Soybean Bourguignonne*, and *Tempeh Strips and Broccoli with Ancho Chili Sauce*. "I became determined to take a gourmet approach and turn meatless mealtime into vegetarian dining," notes Mitchell. All of the 150 simple yet flavorful recipes are vegetarian, most are also dairy-free, and a nutritional analysis is included with each. --Gretel Hakanson About the Author Paulette Mitchell is a cooking instructor, restaurant consultant, and lecturer. She lives in Minneapolis. Paulette is the author of many Macmillan books, including *The 15-Minute Vegetarian Gourmet*, *The 15-Minute Single Gourmet*, and *The Complete book of Dressings*.