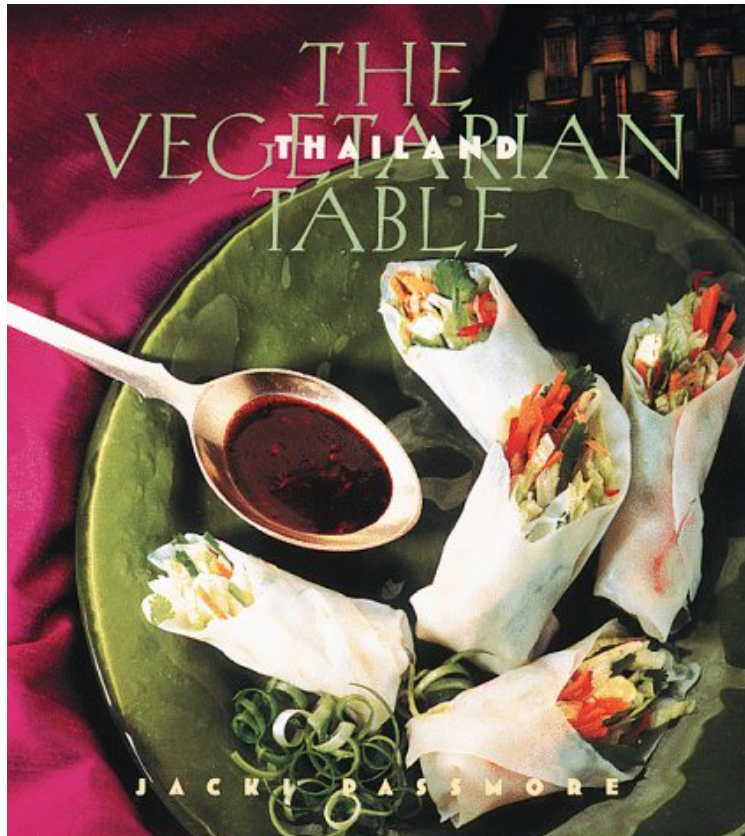


[Download ebook] The Vegetarian Table: Thailand

## The Vegetarian Table: Thailand

Jacki Passmore

DOC | \*audiobook | ebooks | Download PDF | ePub



DOWNLOAD



+

READ ONLINE

#589914 in Books Chronicle Books 1997-09-01 Original language: English PDF # 1 9.30 x .90 x 8.70l, #File Name: 0811812146160 pages | File size: 18.Mb

**Jacki Passmore : The Vegetarian Table: Thailand** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Vegetarian Table: Thailand:

0 of 0 people found the following review helpful. Beautiful and DeliciousBy RVFFantastic even for vegans! There are many delicious recipes that I have never seen before, and I may take the prize for the most vegan and vegan Thai cookbooks..Although some recipes call for fish sauce, she lists acceptable substitutes including fermented bean curd. The few egg recipes that can be overlooked or you can use vegan substitutes. The entire Vegetarian Table series is beautiful and have great recipes.1 of 2 people found the following review helpful. A wonderful book for the vegetarian looking for ethnic foods. A few quibbles though.By Michael GmirkinTo get the quibbles out of the way:1) It appears to not be "strictly" vegetarian, as I believe some recipes call for hard cooked eggs or fried / scrambled eggs (for the fried rice). Might sneak in under the guise of lacto-ovo-vegetarian.2) Vegetarian doesn't necessarily mean low-fat. This book does seem to make liberal use of frying and oils that probably raise the fat content of the dishes. Granted they're probably prepared in the authentic style and it's not specifically marketed as a low-fat book. So, I won't dock them points for it. Just noting that if you're going low-fat, this may require some heavy adaptation to lower the fat content. If you don't care about fat content, then this book seem to be great for many traditional recipes. Though they're not always simple to prepare.3) That brings us to part 3. The dishes aren't always easy to prepare. Personally,

I'm not sure how to cut the innards out of a halved pineapple without mangling it, though the presentation of pineapple fried rice does look lovely. Many of the recipes seem designed for restaurant-style presentation and possibly chefs, as opposed to the average Joe in the kitchen looking for a taste of Thailand without too much frustration (though some recipes are easier than others). However, they do also note that it is traditional in Thailand to serve with decoration or garnishes even when home cooking. IE, cooks take pride in their work. So, again, it seems authentic if a bit more work. All that said, this looks to have a lot of really good and yummy recipes if you're into Thai cooking and willing to put in some kitchen time. Some of the sauces and recipes can be combined in creative ways (it already has my mind working on how to adapt some of their sweet spicy sauces to make a slightly sweeter spring roll, but without making it overpowering or soggy). It includes many lovely pictures of the dishes (though not of all dishes). Sometimes it's not specific on which dish is being pictured on a given page (no caption or mention of which page the recipe comes from; though I think it's usually either the facing page or the other side of the sheet). Certainly a good addition to any kitchen where ethnic foods are enjoyed and prepared regularly. Those who enjoy this book might enjoy the others in the series: America, Mexico, Italy, Japan. 0 of 0 people found the following review helpful. Superb guide to Thai vegetarian cooking By Martha A. Last Thai cuisine offers wonderful vegetarian alternatives. Lots of explanations of Thai cooking techniques and ingredients. Vegetarian relatives visiting as house guests admired it in my collection, so I ordered the cookbook as for them. They really enjoy it too.

Illustrated with gorgeous photographs, this is the first book to treat vegetarian Thai cuisine in elegant hardcover style -- and at a pleasantly affordable price. Jacki Passmore is respected in culinary circles around the globe for her knowledge of Asian food. Here she presents an unbeatable collection of vegetarian Thai recipes, skillfully sidestepping meat without missing any favorites. Based on succulent noodles and rice, tangy sauces, crisp vegetables, and pungent herbs and spices, Thai cooking is ideal for today's health-conscious cooks, and these carefully crafted recipes make Thai flavor marvelously easy to achieve at home. From essentials like Cucumber Salad with Roast Peanut Dressing to zesty curries, soups, stir-fries, and more, *The Vegetarian Table: Thailand* deserves a central place in any kitchen where spice, adventure, and delicious vegetarian foods are welcome.

From: Publishers Weekly Anyone who cooks for vegetarians and omnivores can sympathize with William Ralph Inge: "It is useless for the sheep to pass resolutions in favour of vegetarianism, while the wolf remains of a different opinion." With Thai cuisine, skipping meat doesn't feel like a compromise; one can make spicy flavorful dishes for the sheep, and the wolf won't know the difference. Passmore (*Fire and Spice*) has chosen well, collecting recipes that aren't difficult or weighed down with an ominous list of ingredients. In each section, Passmore manages to give a sense of the full range of Thai cooking, from the expected curry paste, ginger, coconut flavor of Mushrooms in Coconut Soup with Crisp Noodle Croutons to the less expected Mussaman Curry of Potato and Pumpkin with Peanuts (and cardamom, cinnamon, star anise, tamarind) and Clay Pot of Fried Tofu and Vegetables in Brown Sauce. The first chapter includes a fairly complete glossary of ingredients. Although the difference between coconut cream (made from the first extraction of coconut meat) and the ubiquitous sugary cream of coconut used for piña coladas is not clarified. Passmore does recognize that many Thai ingredients are not universally available. The suggested substitutions (e.g., tapioca for sago; grapefruit instead of pomelos; lime zest for kaffir lime leaves; chayote for Chinese melon) will help bring the delights of Thai cuisine to many vegetarian tables. About the Author Jacki Passmore is author of more than twenty-five cookbooks, including *Asia: The Beautiful Cookbook*. She lives in the US, Australia, and Asia. Steven Rothfeld is a photographer whose work has appeared in *Travel Leisure*, *Bon Appetit*, and *Gourmet*. He lives in Napa Valley, California.