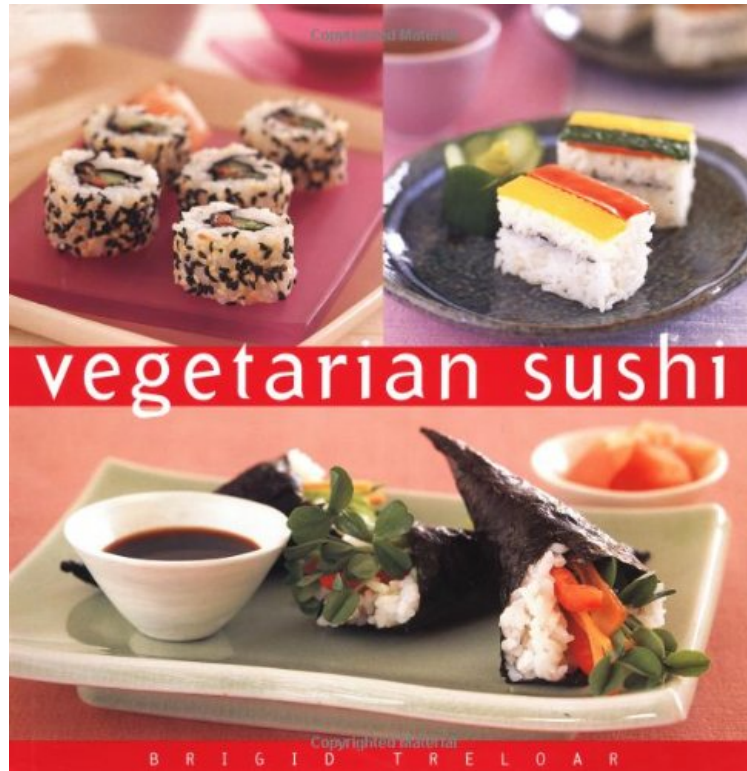


Vegetarian Sushi (Essential Kitchen Series)

Brigid Treloar

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Brigid Treloar : Vegetarian Sushi (Essential Kitchen Series) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Vegetarian Sushi (Essential Kitchen Series):

0 of 0 people found the following review helpful. Very vegetable heavy, no meat alternatives
By Asia Pey
This book offers a lot of options for rolls but it's mostly all fruits and vegetables. I wanted to see vegetarian rolls that were an alternative to traditional sushi. Like how to make a roll that was similar to deep fried Philo or Maui Wowie. Also there was no use of meat alternatives, deep frying, sauces, etc. it does offer some information about general guidelines for making and rolling sushi, but I wouldn't recommend it. Also, when I ordered this book I expected it to be new. I'm not sure whose bookshelf it sat on or how children chewed the corners of the book, but it is damaged and the cover is sunbleached. Very disappointed.
4 of 4 people found the following review helpful. Not a Vegetarian Book
By Bunny
Vegetarians beware, this book is written by someone who does not understand the meaning of the word. It perpetuates the myth that vegetarians eat fish. They do not. It also perpetuates the myth that sushi is raw fish. It is not. This book has far too many uses of and mentions of fish in the recipes. That would not normally be a problem were it not for the title of the book. I am uncomfortable having this book in my collection and will be returning it immediately.
0 of 0 people found the following review helpful. Meh
By Bufflock
This is really more of a book of recipes than a how-to guide for beginners. Also, many of the recipes include fish (thought this was for vegetarians). It is a colorful and attractive book but, as I have only made one failed attempt at sushi making since I purchased it, it is not all that useful.

When most people think of sushi, they think of raw fish, but you can also make flavorful and visually exciting sushi with just vegetables. *Vegetarian Sushi* teaches you everything you need to know to make this delicious Japanese dish in your own kitchen. The book covers a wide variety of sushi--sushi rolls, or maki, molded sushi, noodle sushi, omlette sushi, sushi in a bowl--as well as soups, sauces, and pickles to accompany the sushi. Inside, you'll find information on equipment and ingredients, tips on how to prepare the rice, and, of course, plenty of delicious recipes, including cucumber and sesame sushi rolls, seasoned tofu rolls, and grilled shiitake sushi.

About the Author Brigid Treloar has been working as a writer, food stylist, consultant, and cooking instructor for 20 years and has appeared on many television and radio programs. Treloar also advises many leading food companies on product and recipe development, food styling, and photography and provides recipes, cooking information, and tips for web sites.