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## Very! Very! Vegetarian!

Chen-Hsia Wang, Wei-Chuan Publishing  
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#4951564 in Books Wei-Chuan Publishing 1994-10-01 Original language: English PDF # 1 .24 x 7.36 x 5.12l, .30 #File Name: 094167651X80 pages | File size: 35.Mb

**Chen-Hsia Wang, Wei-Chuan Publishing : Very! Very! Vegetarian!** before purchasing it in order to gage whether or not it would be worth my time, and all praised Very! Very! Vegetarian!:

12 of 15 people found the following review helpful. Very! Very! Disappointing! By Fanshaw I was anticipating receiving this book, as I enjoy vegetarian food and don't mind meat substitutes, but was disappointed to find that almost all of the recipes call for "prepared" Asian meat substitutes (vegetarian cuttlefish, dried gluten balls etc.) that are nearly \*impossible\* to find, even online, it seems. Perhaps if one lived in a city that has a \*large\* Asian population and well stocked groceries, it wouldn't be a problem. I cook Asian and ethnic foods quite a bit, and my local Asian grocery is quite good, but I've never encountered any of these. Perhaps some could be substituted with TVP or similar, but the descriptions of the meat subs are so vague ("vegetarian meat," "vegetarian meat chunks" with corresponding pictures that really don't resemble anything I've ever seen before) that I would be afraid to try. I am familiar with the Wei Chuan cook books and realize that most already assume that you know something about what you're doing, but this one is particularly vague. So, I would really skip this book unless you have access to these unusual items (which frankly, sound very good and I would like to try!) 1 of 1 people found the following review helpful. They really need to revamp this booklet... By Bebina40 I thought since I live in an area with a large Asian population that I would enjoy this book, but that is far from the case. Not only it is the smallest of the Wei Chuan books, it has some nasty Western recipes in there as well. Simple is better. Why didn't they put more vegetable recipes like steamed Chinese broccoli with vegetarian oyster sauce? Instead they have a positively putrid recipe for potato salad and even vegarian hamburger! It's not worth \$7.95 or \$12 with shipping. They need to redo the recipes, do more things with tofu, and even some brown rice clay pot recipes. I can't find very many recipes which I would make. 16 of 24 people found the following review helpful. Very Very Vegetarian By Terri This cookbook is very, very bad. The recipes are really unappetizing. There is a picture given with every recipe, but all of the food looks gross. I have been a vegetarian for 12 years and LOVE Chinese food, but this cookbook is the pits. This cookbook seems to cater to vegetarians that still crave the taste of meat. Most of the recipes call for fake pork (gross) or chicken, fish (eel, cuttlefish even). Do not invest in this cookbook.

This book contains 43 vegetarian dishes, including appetizers, rice/noodles dishes and soups. Cooking methods range from stir-frying, cooking in sauce, braising, frying, steaming, baking, and deep-frying. Every recipe is illustrated with bilingual English and Chinese Language and full color photos, plus 40 small photos depicting special ingredients. This book should help the reader achieve a healthier diet.

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