

# Thai Vegetarian Cooking

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## BOOK DETAILS

- Author : Vatcharin Bhumichitr
- Pages : 160 Pages
- Publisher : Trafalgar Square
- Language : English
- ISBN : 1851458913

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## BOOK SYNOPSIS

In Thai Vegetarian Cooking Vatcharin Bhumichitr has put together his own selection of original Thai vegetarian dishes. Subtly combining the flavours of China and India with a dash of its own inimitable style, Thai food is an exotic concoction of rapidly-cooked fresh ingredients, herbs and spices. Quick to prepare, it is an authentically delicious cuisine for vegetarians or indeed anyone seeking a healthier, meat-free diet. The 130 recipes range from the seductively delicate crispy rice with coconut and mushroom sauce to the more robust and tangy stir-fried chilli with water chestnuts. There are soups, starters and one-dish meals, and a selection of more elaborate delicacies, including curries, main dishes and desserts to tantalize and captivate the palate. Along with advice on equipment, ingredients and how to plan a full Thai meal, the author also creates an evocative picture of Thailand as he explores the religious and cultural importance of vegetarian food in his homeland. Containing atmospheric location photography and succulent food images, this book is both a travel companion and culinary guide.

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