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Best Vegetarian and Vegan Asian Recipes from Mama Li's Kitchen

Sarah Spencer

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Prepare delicious vegetarian and vegan meals inspired from Mama Li’s best recipes! From Mama Li’s Kitchen to yours.

The beauty of Chinese cuisine lies in its simplicity. With a few ingredients rightfully chosen and flavorful spices, you can create the most amazing fresh meals in no time. You don’t need to be an exceptional cook or have an immense pantry to enjoy your favorite vegetarian or vegan Asian dishes fresh from your own kitchen.

It has become a tradition in our family to cook like Mama Li. In this book, you will find a collection of her best Asian vegetarian recipes from her restaurant.

Mama Li showed me everything I know about cooking Asian foods. One of the warmest memories I have from Mama Li was the patience she showed toward me when she hired me to assist in her restaurant’s kitchen. She would carefully explain and show me how to choose the right ingredients at the market, handle the knife and chop quickly the fresh produces, prepare the secret sauce with just the right amount of spices and ingredients, stir-fry with the most amazing pan in my kitchen, the wok, how to use a bamboo steamer and so much more. I learned so much for those two wonderful years working for Mama Li. Since, then I have continued cooking like Mama Li showed me while adapting the recipes to my own family’s preferences.

In this book, you will find everything you need to know about making at home delicious Asian vegetarian and vegan dishes including:

• Appetizing soups like the Sesame Bamboo Soup.
• Mouth-watering appetizers like the Spring Onion Pancakes or the Crispy Skin Tofu.
• Divine Entrees such as the Five Spice Tofu and Eggplant, the Ginger Lo Mein or the Emperor Vegetables with Rice.
• Memorable rice and noodle dishes like the Yang Chow Fried Rice or Chicken Lo Mein.
• Sweet desserts like the Sweet Bun with Red Bean Paste.

So let’s get cooking! Scroll back up and grab your copy today!

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Shirley Glover:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them household or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that is look different you can read a book. It is really fun in your case. If you enjoy the book you read you can spent all day long to reading a guide. The book Best Vegetarian and Vegan Asian Recipes from Mama Li's Kitchen it is quite good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to bring this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too expensive but this book provides high quality.

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Jerry Hull:

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