



# The Great Book of Vegetables

*Antonella Palazzi*

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## **The Great Book of Vegetables** Antonella Palazzi

This book is not only a collection of over 400 recipes but also a guide to choosing, storing, preparing and cooking vegetables. The beneficial properties of vegetables are becoming better known, and even non-vegetarians enjoy vegetable-based dishes as an occasional and pleasant alternative to meat-based meals, an option that is gaining ever more in popularity as awareness of a healthy diet increases. Recipes for classic sauces and dressings are included, together with a chapter for international menus for entertaining, which enable the reader to put together complete meals composed of vegetable dishes. The vegetables in this book feature in an array of appetizers and snacks, first courses, main courses, accompaniments and even desserts. Meat and fish are not banned, but appear in conjunction with the vegetables in some recipes; classic dishes and old favourites are included alongside inventive new recipes. Readers can attempt Russian beetroot pate, pea and wild rice timbales, fennel and lettuce au gratin or avocado ice cream.

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#### **Shannon Harvey:**

Spent a free a chance to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled The Great Book of Vegetables can be good book to read. May be it could be best activity to you.

#### **Tamica Harris:**

Many people spending their time period by playing outside together with friends, fun activity having family or just watching TV all day long. You can have new activity to shell out your whole day by reading through a book. Ugh, ya think reading a book can really hard because you have to use the book everywhere? It okay you can have the e-book, delivering everywhere you want in your Cell phone. Like The Great Book of Vegetables which is having the e-book version. So , why not try out this book? Let's find.

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