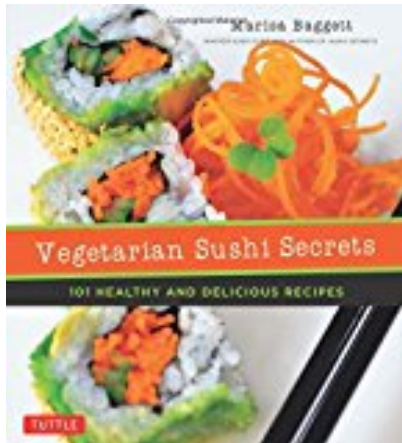


Vegetarian Sushi Secrets 101 Healthy and Delicious Recipes



BOOK DETAILS

- Author : Marisa Baggett
- Pages : 128 Pages
- Publisher : Tuttle Publishing
- Language : English
- ISBN : 4805313706

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BOOK SYNOPSIS

Everybody loves sushi. Now vegetarians can fully enjoy it too! American sushi expert Marisa Baggett has been working passionately for years to perfect sushi recipes that take full advantage of the freshest garden vegetables, herbs, tofu, mushrooms and spices available at your local farmers market or co-op. Her innovative use of sustainable ingredients like fresh asparagus, apple, daikon radish, basil, tomatoes, beets, corn, shiitake mushrooms and cucumbers set her sushi recipes apart from all others you may have seen. This vegetarian cookbook offers completely new ways for localvores to enjoy their community supported agriculture and market vegetables with sushi rice. This is the ultimate farm-to-table book with creative Asian flair! Marisa not only shows you how to make the usual thick and thin rolls but other types of sushi that are just as delicious—and even easier to make! These recipes are about combining delicious rice with tantalizing pairings you might not have tried or thought of before, such as: Apple & daikon radish Cucumber & peanut Spicy carrot & tomato Pomegranate & basil Ginger & beet Summer corn & pickled okra Sweet potato & shiitake mushrooms Strawberry & rhubarb All of Marisas sushi recipes are extra simple to make. For example, her Tempura Avocado Hand Rolls are a snap to put together—even if youve never made sushi before! Marisa starts by giving surefire recipes for making perfect sushi rice every time. She provides tips on which vegetables work best with sushi rice and how to create your own original combinations. Vegetarian Sushi Secrets is a gem of a Sushi cookbook that shows you how to make foolproof thin rolls, thick rolls, inside-out rolls, hand rolls, bowl rice sushi and many more in no time at all!

VEGETARIAN SUSHI SECRETS 101 HEALTHY AND DELICIOUS RECIPES -

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