



Immer schon vegan: Traditionelle Rezepte aus aller Welt (German Edition)

Katharina Seiser

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VEGAN ZU ESSEN, also ganz ohne tierische Produkte, ist ein junges Phänomen. Gibt es traditionelle Pflanzenrezepte, die wirklich schmecken? Diese Frage hat sich Katharina Seiser, Autorin beliebter und bewährter Kochbücher, gestellt. Die Antwort ist ein wahrer veganer Schatz, hier erstmals in einem Kochbuch vereint: 70 geschmackvolle und immer schon rein pflanzliche Rezepte aus über 20 Ländern. Erfrischender libanesischer Brotsalat, türkisches Lauch-Karotten-Gemüse, scharf-saure indische Tomatensuppe, knuspriger vietnamesischer Zitronengras-Tofu, italienischer Traubenkuchen, thailändischer Klebreis mit Mango und viele andere immer schon vegane Köstlichkeiten sind so beschrieben, dass sie sicher gelingen. Und das Beste daran: Seiser verwendet nur natürliche Lebensmittel, keine Ersatzprodukte oder Imitate.
In 11 Geschmacks-Porträts verrät die Kulinarik-Expertin auch, wie der Geschmack ins Essen kommt - von sauer, duftig und knusprig über scharf bis umami (herzhaft-intensiv): So wird dieses einzigartige Buch ebenso informativ wie genussvoll.

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