# some Like It Hox

200 Spicy Vegetarian Recipes from Around the World



Robin Robertson

# **Some Like It Hot 200 Spicy Vegetarian Recipes From Around The World**

**Rosina Ehmann** 

### Some Like It Hot 200 Spicy Vegetarian Recipes From Around The World:

Some Like it Hot Robin G. Robertson, 1998 This collection of spicy vegetarian recipes features great dishes from the world's cuisines including the U.S. South America Mexico Europe the Middle East Africa and Asia making it an exciting and flavorful journey for the palate Each recipe is completely accessible and easily adapted to anyone s kitchen containing only ingredients that are widely available And dozens of these recipes can be made in a snap Organized by region each chapter includes recipes for appetizers soups and stews salads side dishes main courses and dressings and condiments Robertson provides a basic introduction to the spices and techniques common to each cuisine along with delicious classic vegetarian dishes adaptations of meat based dishes and her own creative recipes including Spicy Okra Gumbo Mexican Rice and Bean Salad with Cumin Vinaigrette Pasta alla Putanesca Braised Cabbage with Cardamom Spicy Ginger DumplingsUsing chilies as the main source of heat these recipes range from mildly spicy to nearly incendiary so there s something here for everyone With creative yet simple recipes and nutritional analyses for each Some Like It Hot is sure to inspire even the most devoted <u>Vegan Fire & Spice</u> Robin Robertson, 2008-01-01 Spice up your life Take a trip around the meat lover to eat vegetarian world with delicious mouth watering meatless dairy free and egg free recipes ranging from mildly spiced to nearly incendiary Explore the spicy vegan cuisines of the U S South America Mexico the Caribbean Europe Africa the Middle East India and Asia with Red Hot White Bean Chili Vindaloo Vegetables Moroccan Tagine Spicy Szechuan Noodles Jambalaya Thai Coconut Soup Penne Arrabbiata Satays with Ginger Peanut Sauce Organized by global region this book offers inventive and delicious spicy vegan recipes of traditional dishes using readily available ingredients Best of all the recipes are designed so you can adjust your own heat tolerance allowing you to enjoy it hot or not With the bold and scintillating recipes of Vegan Fire Spice you can travel the globe without ever leaving home while still enjoying meals that are healthy and 100% vegan

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archaeology and gastronomy Seventy five recipes from their Washington D C home kitchen transport us to different destinations Sara Nieves Grafals a polyglot clinical psychologist from Puerto Rico dances flamenco in her spare time She lectures about mental health issues and has a psychotherapy practice Al Getz originally from New Jersey retired as a public health analyst He has edited scientific publications builds cabinets designs kitchens and dabbles in photography classical music and painting Together they journey through life traveling learning and cooking Recommended for People who travel with a map in one hand and a knife and fork in the other to cool locations where their whimsy takes them Washington Post 2 Vegetarian Times ,2002-03 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both Vegetarian Times ,2002

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