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180 Delicious Vegetarian Potato Recipes: Delicious Meat-free Recipes Featuring the World's Best-loved Vegetable, in Over 200 Photographs

By Elizabeth Young

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, 180 Delicious Vegetarian Potato Recipes: Delicious Meat-free Recipes Featuring the World's Best-loved Vegetable, in Over 200 Photographs, Elizabeth Young, This title offers delicious meat-free recipes featuring the world's best-loved vegetable, in over 200 photographs. This is a superb volume of 180 classic and creative meat-free potato recipes for every occasion, in one indispensable collection. It includes delicious recipes for potato soups; appetizers; salads; main courses; side dishes; and, desserts, bakes and breads. The fabulous collection includes Spicy Potato and Red Lentil Soup; Potato Skewers with Mustard Dip; Courgette and Potato Bake; Wild Mushroom Gratin with Beaufort Cheese, New Potatoes and Walnuts; Potatoes, Peppers and Shallots Roasted with Rosemary; and, Sweet Potato Pie. At-a-glance nutritional notes accompany every recipe, providing a breakdown of fat, calories, fibre, cholesterol, sugar and protein. The humble potato is one of the world's best-loved vegetables and a mainstay of the vegetarian diet. This book celebrates the many and varied ways that the potato can be used to create delicious meat-free meals. Featured are true vegetarian classics, such as Creamy Leek, Potato and Rocket Soup; Deli Potato Salad with Mayonnaise and Olives and Potato Gnocchi with Tomato and Butter...



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