



One World Vegetarian Cookbook

Troth Wells

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An information-packed gastronomic tour of the world and the ultimate resource for global vegetarian recipes

One World Vegetarian Cookbook starts in your backyard-buying produce at your local farmers' market or perhaps growing your own vegetables and herbs-then reaches around the world to bring the diversity and delight of vegetarian dishes into your kitchen.

Whether you only have a window box with some herbs, or a small garden behind the house, this is the seed that connects creative home-cooking to the traditional recipes that travel the globe, blending with local culture.

With an emphasis on simplicity and versatility, you'll find it easy to create dishes such as Bean bredie from South Africa, barley risotto from Italy, Nepalese lentil curry or lemongrass scented Thai soup. All you need to do is stock up your spice rack and take your taste buds traveling.

- * Over 200 easy-to-cook vegetarian dishes
- * Clear, step-by-step cooking method
- * Personal recipes from around the world
- * Full-color photographs throughout
- * Food facts and a glossary of foods

The delicious recipes and beautiful photography combined with cultural and historic details make this a truly wonderful cookbook.

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