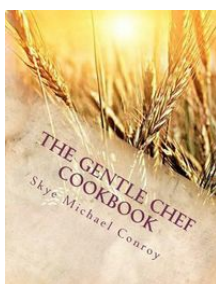


THE GENTLE CHEF COOKBOOK: VEGAN CUISINE FOR THE ETHICAL GOURMET

The Gentle Chef Cookbook is a TEXT-ONLY working kitchen formulary containing over 230 delicious vegan recipes for creating a wide variety of plant-based foods. Chapter 1 offers detailed, step-by-step instructions for creating a variety of seitan products, including moist and tender roasts,...



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Author	Skye Michael Conroy
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Reader's Opinions

This cookbook is one of the best I have ever owned.

FANTASTIC!! I went veg in 2003, and have been working on being vegan for the past year or so. I have purchased many cookbooks, and tried many recipes, with varying degrees of success. I have also tried almost every commercially available prepackaged meat substitute and have to say that I disliked...