



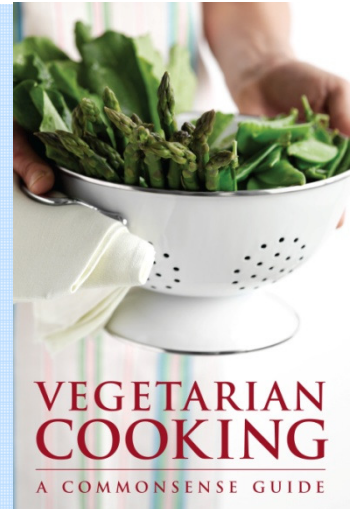
MURDOCH BOOKS

Vegetarian Cooking

A Commonsense Guide

Publishing January 2009

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Media Release

SWITCH LIGHTBULBS AND SWITCH YOUR DIET -

GO GREEN – EAT VEG!

As a response to current environmental and sustainability concerns the vegetarian diet is being widely advocated as a means for us to truly make a lighter impact on the planet.

And what better way to make 'the switch' and discover new nutritious and delicious meat-free ways to eat than by consulting *Vegetarian Cooking: A Commonsense Guide*.

An enthusiastic beginner or an experienced cook wanting to further explore vegetarian cuisine will find everything they need to know! Vegetarian cooking offers huge scope for creativity and can be gastronomically sensational – meatless meals need never be bland or boring!

In addition to a comprehensive collection of starters, main meals and snacks, *Vegetarian Cooking: A Commonsense Guide* contains essential techniques and tips, equipment basics, shortcuts and a trouble-shooting guide.

With the practical format of all of the titles in this popular series, which offers a simple layout and allows for easy recipe reading while cooking, this is an essential cookbook for the modern kitchen.

For breakfast start off with a rousing energy fruit smoothie, followed by a bowl of mixed berry couscous and corn and polenta pancakes with tomato salsa to set you off on an energy-fuelled day!

For lunch try one of the many pastas or salads – Pappardelle with zucchini flowers and goat's cheese or a Moroccan carrot salad with green olives and mint. Don't forget the section on Rice, Grains and Pulses – a very important factor in the vegetarian diet – with choices of Asparagus and Pistachio Risotto and Lentil and Chickpea burgers with coriander garlic cream.

Winter looks welcoming with Vegetable Casserole and herb dumplings and try a splash of the exotic with Vegie Phad Thai – guaranteed to rival any restaurant's offering!

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