

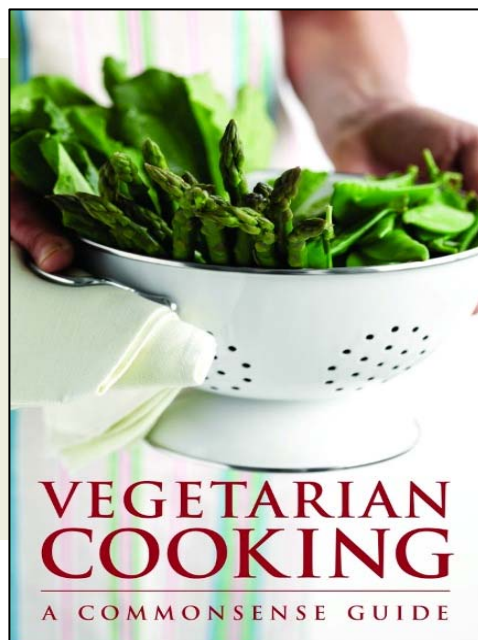
PRESS RELEASE

Vegetarian Cooking A Commonsense Guide

Published November 2008

RRP £10.99

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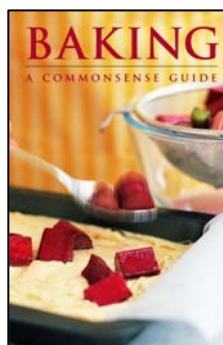


An enthusiastic beginner or an experienced cook wanting to further explore vegetarian cuisine will find everything they need to know in *Vegetarian Cooking: A Commonsense Guide*.

The vegetarian diet is being discovered by more and more people as a nutritious and delicious way to eat. The variety of fresh and seasonal ingredients readily available in our shops and markets offers great scope for creative cooking and eating. With essential techniques, tips and equipment basics, as well as a comprehensive collection of starters, main meals, snacks and desserts, *Vegetarian Cooking: A Commonsense Guide* isn't just for vegetarians and vegans, but for anyone who loves preparing, serving and eating great food.

- A range of recipes to suit both beginners and experienced cooks
- Each recipe has been triple-tested in the Murdoch Books test kitchen for quality assurance

Other titles in the Commonsense Guides series:



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