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includes full contents of the paperback edition plus lengthy appendixes

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beautifully illustrated and immensely informative the book of tempeh showcases this hearty versatile ingredient in a host of delectable recipes copyright libri gmbh all rights reserved

## **The Book of Tempeh 1979**

tempeh is one of indonesia s most extraordinary gifts to the world a cultured soyfood it tastes like southern fried chicken and is the best vegetarian source of vitamin b 12 more importantly tempeh is a delicious natural source of high quality cholesterol free protein making it an excellent aid to reducing cholesterol as well as a light tasty treat beautifully illustrated and immensely informative the book of tempeh showcases this hearty versatile ingredient in delectable recipes such as tempeh guacamole spicy curried tempeh tempeh jambalaya and tempeh burger with coriander and garlic crisp tempeh whether you re a veteran vegetarian eager for a new source of essential protein and vitamins just looking for ways to lead a healthier life or simply interested in adding some variety to your menus this book is sure to please Ä more than 130 tempting western style and traditional indonesian recipes most of which are cholesterol free Ä easy to follow instructions for making tempeh at home

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