



# the new soy cookbook

TEMPTING RECIPES FOR TOFU, TEMPEH, SOYBEANS & SOYMILK

by **Lorna Sass**

photographs by **Jonelle Weaver**

# New Soy Cookbook Tempting Recipes For Tofu Tempeh Soybeans And Soymilk

**Sharon Yntema, Christine Beard**



## **New Soy Cookbook Tempting Recipes For Tofu Tempeh Soybeans And Soymilk:**

**The New Soy Cookbook** Lorna Sass,1998-04-01 They said we couldn't make soy appetizing They said we couldn't make soy beautiful The New Soy Cookbook is here to prove them wrong Today's all natural health miracle soy can be a delicious and elegant ingredient in any meal Soyfoods are increasingly being found to protect against heart disease cancer and osteoporosis to lower cholesterol and to relieve hot flashes and other symptoms of menopause Health conscious cooks everywhere are eager to make soy a regular part of their lives but they need the culinary guidance of a pro like best selling cookbook author Lorna Sass In addition to Asian inspired dishes Sass's mainly meatless and mostly cholesterol free recipes cleverly place soyfoods in mainstream Western favorites for recipes such as Double Soybean Chili or Tempeh Simmered in Red Wine with Herbes de Provence These dishes are friendly and appealing enough even for the truly soy resistant It's time for cooks everywhere to discover the many pleasures of this modest little bean *History of Tofu and Tofu Products (965 CE to 2013)* William Shurtleff,Akiko Aoyagi,2013-05 *History of Soymilk and Other Non-Dairy Milks (1226-2013)* William Shurtleff, Akiko Aoyagi,2013-08-29 *History of Tempeh and Tempeh Products (1815-2020)* William Shurtleff; Akiko Aoyagi,2020-03-22 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 234 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books *History of Miso, Soybean Jiang (China), Jang (Korea) and Tauco (Indonesia) (200 BC-2009)* ,2009

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