



The Tofu Cookbook: Over 150 Quick and Easy Recipes

Leah Leneman

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Tofu is now readily available in supermarkets and health-food shops internationally. This book includes a range of recipes specifically using this vegetable product, demonstrating the versatility of soya-based food which can be used as an effective alternative to meat. Recipes from around the world are included - which have been adapted for meals for every occasion from main meals to desserts.

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