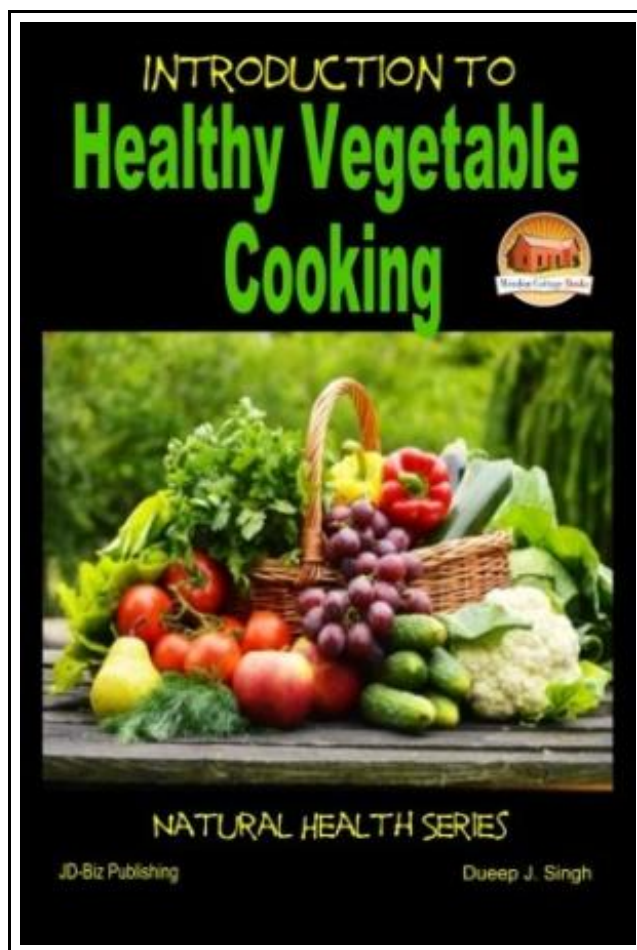


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Introduction to Healthy Vegetable Cooking Table of Contents Introduction Vegetables Classification Essential Nutrients in Vegetables Dietetic Value of Vegetables Choosing and Purchasing Vegetables What Happens When Vegetables Are Cooked So Why Cook Vegetables? Different Cooking Methods General rules for cooking And Serving Vegetables Preparation for Cooking Different vegetables - Washing and Rinsing Green Leafy Vegetables Boiling Vegetables Roots and Tubers Green Vegetables Approximate Time for Boiling Vegetables. Steaming vegetables Stewing Braising Mirepoix Frying Vegetables Baking Vegetables Conservative Method Vegetable Purees Vegetable Economy Tips Serving Potatoes Boiled Potatoes Steamed potatoes Boiled Potatoes in Jackets Baked Potatoes Roasted Potatoes Potato Croquettes Potato Ribbons Potato Chips Potato Straws Conclusion Author Bio Publisher Introduction Many people picking up this book are going to wonder why I would want to write a book on healthy vegetable cooking. After all, everybody knows how to cook vegetables. You either steam or bake them or broil them, or fry them, or grill them or eat them raw. Well, luckily for us, we have begun to fully understand the importance of vegetables in our daily diet. Until more recent years, the use of vegetables in our diet was much neglected. Their dietetic importance was insufficiently appreciated. The method of cooking was wasteful and also inferior in many parts of the world when compared to cuisines where vegetable cooking was that part of the daily routine Due to a worldwide appreciation of the importance of vegetables to keep you healthy and strong, more and more people are insisting on home grown vegetables grown the organic way. Greater attention and encouragement is being given to such enterprising gardeners. Such growers for the markets are being human, better facilities. Along...

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