



World Food Cafe: Global Vegetarian Cooking

Chris Caldicott, Carolyn Caldicott

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Based on ten years of world travel and "trench time" in their own restaurant, the Caldicotts' World Food Cafe is divided into five sections: the Middle East, Africa, India, Southeast Asia, and Latin America. Each section includes an introduction to the region's cuisine, food customs, and preparation style based on the authors' firsthand experience. Next comes a generous selection of recipes, with suggestions for variations, and advice on combining dishes. Some of the recipes are reassuringly familiar; others are more innovative, such as Red Jungle Curry of Vegetables in Fresh Ginger (Thailand) and Spicy Vegetable, Potato, and Cheese Empanadas (Peru). Emphasizing freshness and low-fat cooking methods such as stir-frying and steaming, these recipes will satisfy cooks who crave vegetarian fare that's both healthy and flavorful. 200 color photos are included.



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