



Vegetarian Sushi (Essential Kitchen Series)

By Brigid Treloar

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When most people think of sushi, they think of raw fish, but you can also make flavorful and visually exciting sushi with just vegetables. *Vegetarian Sushi* teaches you everything you need to know to make this delicious Japanese dish in your own kitchen. The book covers a wide variety of sushi--sushi rolls, or maki, molded sushi, noodle sushi, omlette sushi, sushi in a bowl--as well as soups, sauces, and pickles to accompany the sushi.

Inside, you'll find information on equipment and ingredients, tips on how to prepare the rice, and, of course, plenty of delicious recipes, including cucumber and sesame sushi rolls, seasoned tofu rolls, and grilled shiitake sushi.

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Editorial Review

About the Author

Brigid Treloar has been working as a writer, food stylist, consultant, and cooking instructor for 20 years and has appeared on many television and radio programs. Treloar also advises many leading food companies on product and recipe development, food styling, and photography and provides recipes, cooking information, and tips for web sites.

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