# The Bold Vegetarian Chef: Adventures in Flavor with Soy, Beans, Vegetables, and Grains

*Ken Charney*

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**The Bold Vegetarian Chef: Adventures in Flavor with Soy, Beans, Vegetables, and Grains** Ken Charney
Discover the secrets of lively vegetarian cuisine

Think vegetarian cooking is bland? Not any more! Now you can create outrageous appetizers, adventurous soups, exciting entrees, and daring desserts that will have everyone clamoring for seconds. The Bold Vegetarian Chef offers more than 200 dazzling recipes that bring out the best in all of the fresh natural ingredients you crave. You'll learn the secrets behind such irresistible delights as:
* Savory scrambles, burgers, and sandwiches
* Tasty tofu and tempeh
* Comfort carbos-pasta, polenta, and risotto
* bold and beautiful beans
* The wonderful wheat meat: seitan
* Crisp salads and a slew of side dishes
* Delectable, dreamy desserts

You'll also discover a wealth of tips, techniques, and ideas that will inspire your own vegetarian creations-bursting with flavor and flair. All you need is a little help from The Bold Vegetarian Chef.

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