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Product - Bookspeed

Bringing fresh, inspiring dishes from a variety of culinary styles and cuisines from around the world, Mildreds is now a three-strong family of restaurants across London - Kings Cross, Camden ...

Review: Mildreds Vegetarian Restaurant Cookbook | Planet ...

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Mildreds: The Vegetarian Cookbook by Dan Acevedo, Sarah ...

From the popular vegetarian restaurant, Mildreds: The Vegetarian Cookbook has something for everyone, whether committed vegetarians or those simply trying to cut down on their meat intake. The international influences in these recipes promise variety and flavour, and there are also plenty of ideas for how to

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adapt the dishes quickly by adding meat, to cater for keen omnivores.

Mildreds: The Vegetarian Cookbook: Amazon.co.uk: Daniel ...

The Mildreds Cookbook offers over 100 vegetarian recipes that appeal to meat eaters alike, with vegan, gluten-free and dairy-free options. The Mildreds manifesto: To reach as many people as possible and give them the ideas and confidence to enjoy vegetarian food at home.

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Recipes from the kitchen of Mildreds vegetarian restaurant, established 1988 in Soho, London. We serve internationally inspired vegetarian food, all of which we make daily on the premises using organic ingredients where possible and endeavor to source small businesses for our supplies.

Amazon.co.uk:Customer reviews:

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Preheat the oven to 190C/fan 170C/gas mark 5. Line a baking tray with baking parchment. For the filling, heat a splash of olive oil in a pan, add the onions, sugar and salt and cook over a medium heat; stirring occasionally, for 15 minutes, until the onions are caramelized and golden brown.

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The cook book includes various mildreds' classic dishes, a variety of gluten free and vegan recipes, as well as a menu planning section bringing

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together vegan and gluten free menu ideas. Below is a sneak peek of our cookbook, we hope you enjoy!

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Over 100 vegetarian recipes that appeal to meat eaters alike, with vegan, gluten-free and dairy-free options. An exciting new cookery book from the popular vegetarian restaurant, MILDREDS: THE VEGETARIAN COOKBOOK has something for everyone. Whether you are a vegetarian, or are trying to cut down on your meat intake, the international influences in these recipes promise variety and flavour.