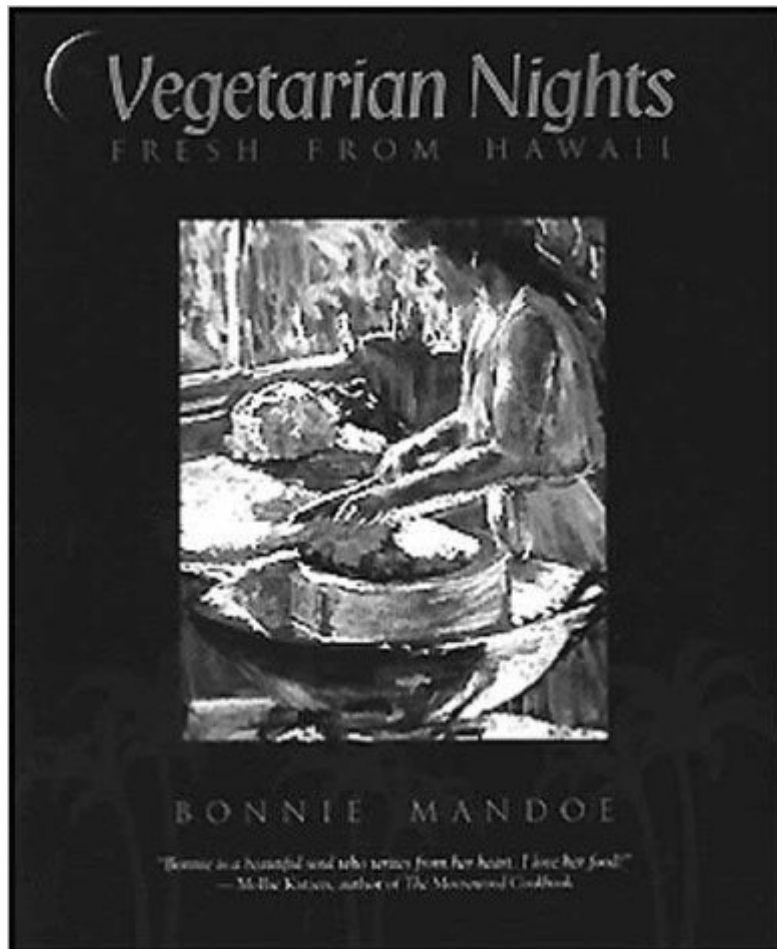


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# Vegetarian Nights: Fresh From Hawaii



## Synopsis

Book by Mandoe, Bonnie

## Book Information

Paperback: 224 pages

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (13 customer reviews)

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## Customer Reviews

For years I have said that Ms. Mandoe should pay me a commission for all of her books I talk people into buying! I adore this cookbook! Fresh wonderful and mainly simple recipes, they represent a variety of ethnic groups and all of them are delicious! The Thai Salad is quite possibly the best green salad in the world, and the recipe for Pastistio is unbelievably delicious! The tangy Spicy Fried Rice is scrumptious and goes with all kinds of ethnic meals. The Chile Relleno Cornbread never fails, and Semolina Fresca with Oregon Beets is one of my husband's all time favorite recipes! (My sister-in-law never liked beets till she tasted Oregon Beets!) The first year I had this book, I took it everywhere! My mom's, a 2 week conference trip, friends homes, everywhere! Within a year, it was worn out and I had to buy a new one!

This is my favorite, worn out, food splattered, beloved cookbook! I stumbled across it by accident in a Whole Foods in Houston when a friend and I wanted to find a recipe for a cake to make for our dual birthday party. She knew I couldn't eat refined sugar and always try to eat healthy. We picked the "Fabulous Fudge Cake", it's incredibly easy to make, you can make both the cake and the frosting in a blender! I substituted Fruitsweet for the honey. It's important to note the natural desserts taste better over time as the flavor develops. The day of the party, it was okay. We left half

the cake in the fridge and had some a week later, it was divine! I also served this cake at another party where people wanted me to make "something you would eat." People loved it and couldn't believe it had no refined sugar. I have also had success with her carrot cake, spinach lasagna and cornbread. In addition to the recipes, there are many warmly written anecdotes that give the reader a real feel for Bonnie's personality and make one feel as if they are reading short letters from a friend. I only wish this book had gotten more promotion so more people would know about it.

Whether you're new to vegetarian cooking or a veteran, *Vegetarian Nights* is one cookbook you'll want to have in your collection. Each and every recipe I've made from it always elicits 'wows' from my family and friends. These yummy recipes are perfect to pull you out of the cooking doldrums or to create a memorable meal for your dinner guests. I especially like her salad dressings (papaya seed always gets rave reviews from everyone) and ALL the soup recipes. What a great way to add spark to any meal. The author, who used to have a well known vegetarian restaurant in Maui, really has a skill for combining ingredients to make flavors pop. I've enjoyed this book so much that I've purchased several as gifts. Happy cooking!

Great easy to follow instructions that create fail proof dishes. The ingredients are often common but the outcome is always superb!! I wish that she would write another book.

My wife and I have our share of cookbooks, and this has been the one we've used the most. We bought it in Hawaii shortly after it was published in 1995. We're on our second copy and we've bought at least 7 copies via the Internet to give as gifts. Sadly, the book is out-of-print, so the copies we buy do not benefit author Bonnie Mandoe. Unfortunately, she did not write another cookbook. The ingredients are simple, but the recipes combine and use them in interesting ways. There is a dish with tempeh, where if you follow her instructions and add it at the right time, it caramelizes and takes on a unique and complex flavour. Highly recommended.

and I have a lot of them! The glossary in the book is quite helpful and she even names the brands that she finds the best. Her recipes are SO good and there are many unique ones such as Cauliflower-Cheese enchiladas, Nepalese Vegetable Curry, and Indonesian Tempeh and vegetables. Buy this book if you get the chance- you won't regret it.

I borrowed this book from a friend and have fallen in love with it! The recipes are so good, easy and

healthy. I, like another reviewer, wish that Ms. Mandoe would write another cookbook. Also, I wish the publisher would print more books. They are out of stock!

Over the years I have made every recipe in this book. This book is like a trusted old friend. There is nothing in the book that isn't good. I still have the Nepalese Vegetable Curry once a week. It is often requested when there is a get together. I recently purchased a used copy. My original one is stained with pages falling out. Buy one if you find it.

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