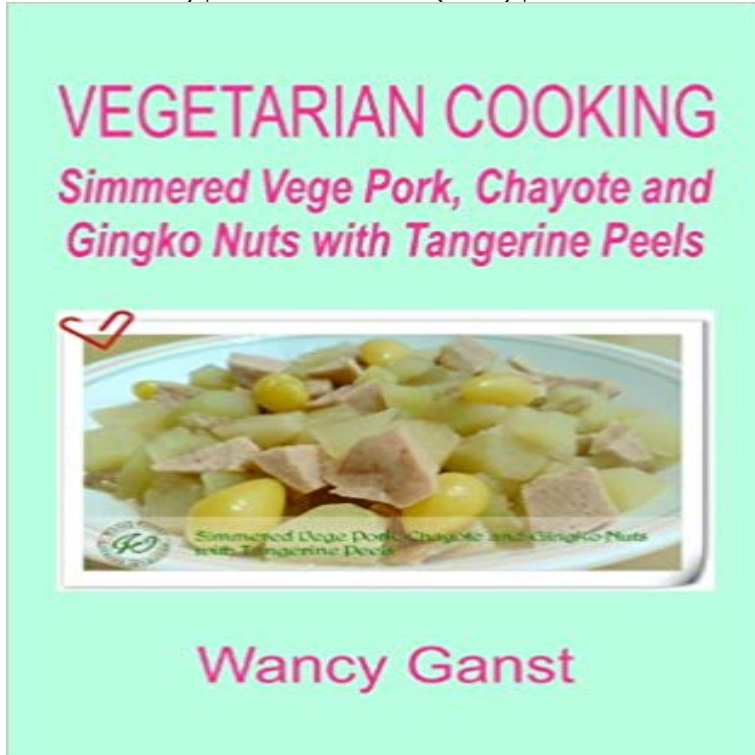


Vegetarian Cooking: Simmered Vege Pork, Chayote and Ginkgo Nuts with Tangerine Peels (Vegetarian Cooking - Vege Meats Book 44)



Vege meat, is also called meat analogue, meat substitute, mock meat, faux meat, or imitation meat, which is made from tofu, soy protein, mushrooms, wheat gluten, etc, or mix of them, with flavouring added to make the texture and taste like real meat. And it is a good substitute of real meat for vegetarians or people, who would like to cut down the consumption of real meats, for health, religion or any other reason. No matter if you are vegetarian or not, this recipe would not disappoint you.

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