



The Vegetarian Kitchen Table Cookbook

275 Delicious Recipes

The spark behind this outstanding collection of recipes was Igor's and Olivier's belief that everyone can appreciate a vegetarian dish, no matter what the occasion. This incredible selection of dishes features a magnificent variety of flavors, textures and colors that truly showcase just how good vegetarian cooking can be. And although the recipes were created by chefs, you can be sure that the easy-to-follow recipes can be mastered by anyone who enjoys cooking.

Not only can great health benefits be derived from a more vegetarian lifestyle, but it also provides a wonderful opportunity to support artisan growers throughout the world.

Chef Igor Brotto is originally from Italy and worked throughout Italy, England and Germany before settling in Montreal, Quebec, in the mid-nineties. He has written two cookbooks and teaches at the Institut de tourisme et d'hôtellerie du Québec (ITHQ).

Chef Olivier Guiriec is originally from France, where he began his training as a cook in the mid-eighties. He has lived in Canada since the mid-nineties and continues to perfect his art and pursue his interest in marrying international cuisine with local products. He also teaches at the Institut de tourisme et d'hôtellerie du Québec (ITHQ).



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