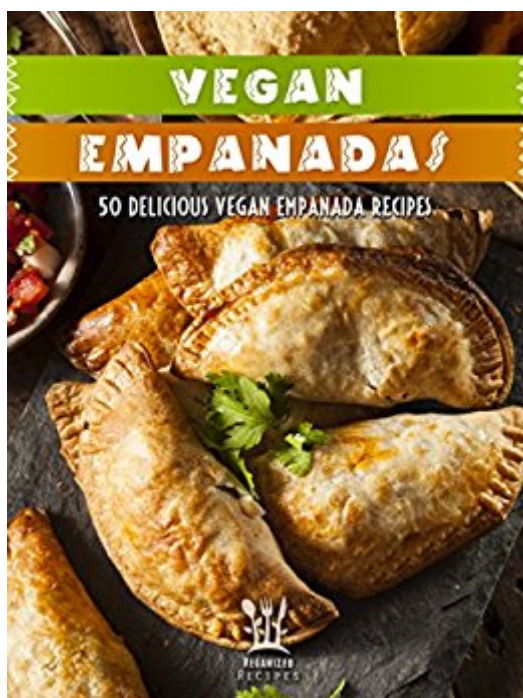


The book was found

Vegan Empanada Cookbook: 50 Delicious Vegan Empanada Recipes (Veganized Recipes Book 16)



Synopsis

The word empanada comes from the Spanish verb *empanar* • which means to wrap or coat in bread. The origin of the empanadas is Galicia, Spain where they were first documented in Medieval Iberia during the times of the Moorish Invasions. Empanadas are similar in appearance to calzones and both of them are derived from the Indian pies called Samosas. All of these pastries have origins in India and the Middle East. Today, empanadas are popular in Hispanic America, Philippines and Indonesia; they were brought to those countries by Spanish colonizers. The dough of this magnificent dish is usually made by wheat flour. This incredible dish can be filled with almost anything you like. There are even some sweet variations that are great for dessert and are mostly made with fruits and caramel or chocolate. In this cookbook you'll find the wonderful flavors that empanadas bring to the table and they're all vegan! Making them is very easy and definitely worth the effort in order to taste their deliciousness. So try them now, pick your favorite and enjoy. - -

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Customer Reviews

Deliciously simple. I'm so happy I bought this little book!

Um saw errors in the free review. So I wonder if the recipes were tested or if they can be made based on instructions.

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