

# **Book Of Tempeh: The Delicious, Cholesterol-Free Protein, 130 Recipes By William Shurtleff**

**By William Shurtleff**

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which can be attributed to the presence of egg fat and protein. ^ Shurtleff, (1998), p.79 ^ Burmese tofu recipe Shurtleff, William;

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Ever since I discovered them at my local Trader Joe s supermarket, I ve been loving tempeh. Tempeh is now a regular staple in my kitchen and I am always finding

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