



## Cooking With Soy

By Yoshiko Takeuchi

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This book is a fantastic resource for anyone who wants to learn to cook with all kinds of soy products, including how to make their own tofu from scratch! Featuring healthy meals using tofu, soy, edamame and plant-based foods, the recipes in this book are great for alternative options

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### Editorial Review

#### About the Author

Yoshiko Takeuchi is a full-time cooking teacher running a successful cooking school. She is a qualified chef and has a bachelor degree and qualifications in Nutrition. Yoshiko was born in Japan and has been teaching cooking for over 16 years in Japan. She specialises in teaching Vegetarian, Vegan and gluten free cooking as well as both traditional and modern Japanese cuisine. She trained under renowned chef Tetsuya and she has a life-long passion for food and health. She believes that we reall

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