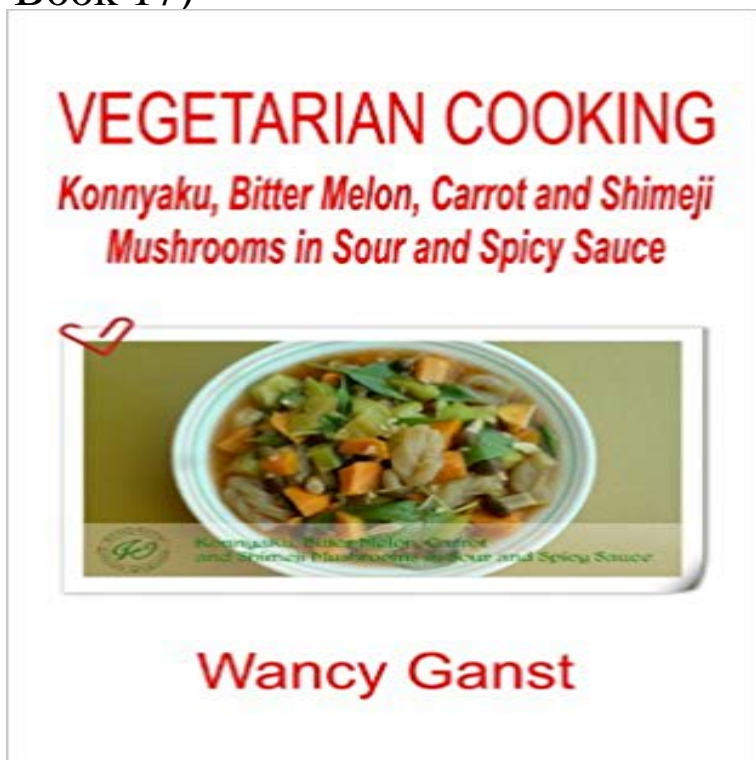


## Vegetarian Cooking: Konnyaku, Bitter Melon, Carrot and Shimeji Mushrooms in Sour and Spicy Sauce (Vegetarian Cooking - Konnyaku Book 17)



Konnyaku is also known as konjac, konjak or konjaku, which is a traditional and common ingredient in Japanese dishes. It is tasteless and its texture is similar to jelly. Since konnyaku is calorie free but high fibres, therefore, people, who aim of losing weight or keep dieting, would choose to consume konnyaku noodles instead of noodles that made by rice flour. To know how to cook with konnyaku? Just check this recipe out.

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