

G&C Food Dept. (2021, July), What can Vdgan eat? : Gourmet & Cuisine. (252) : 56

Vegetarians do not eat meat of any kind but instead eat eggs, milk, butter, cheese, etc. as a source of protein. But vegans, besides eating meat, eat milk, eggs, and also encroaching products such as honey, because they have to be bee hive or smoked.

Vegan sources of protein and vitamins are plant-based proteins such as nuts, algae, almond milk, and coconut oil. And can eat ingredients that do not harm animals such as soy sauce, miso, ketchup, peanut butter, etc.

**Vegetable Curry Plant-Based Meat** This is a Japanese curry that everyone is familiar with. Because the ingredients of the curry paste contain curry powder. which has a variety of spices Japanese recipes include apples that give it a nice aroma. already in this curry paste The ingredients are mainly vegetables such as okra, eggplant, onion and Plant-Based Meat. Instead of deep-fried breaded pork or tonkatsu

**Plant-Based Meat** is a new type of plant-based meat that has texture, color, and taste very similar to real meat. The mixture uses a blend of plant proteins such as peas, soybeans, wheat, potatoes, and processed to make them look like real meat. and is of interest to people all over the world. Especially those who do not eat meat, love health and protect the environment at the same time.

**This vegetable curry should be an interesting choice for those who want to eat meat or vegan.**

