

The Complete Tassajara Cookbook: Recipes, Techniques, and Reflections from the Famed Zen Kitchen

Edward Espe Brown

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California's Tassajara Zen Mountain Center has long been renowned for its gourmet vegetarian cuisine. In this comprehensive guide to the Tassajara way of cooking, the retreat center-spa's most celebrated chef, Edward Espe Brown, presents hundreds of recipes using fresh, whole foods; detailed notes on preparing seasonal ingredients; and, perhaps most important, inspiration for cooking with joyful intention and attention. Presented with humor and warmth, this book is full of insights for living a life that celebrates simple food.



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