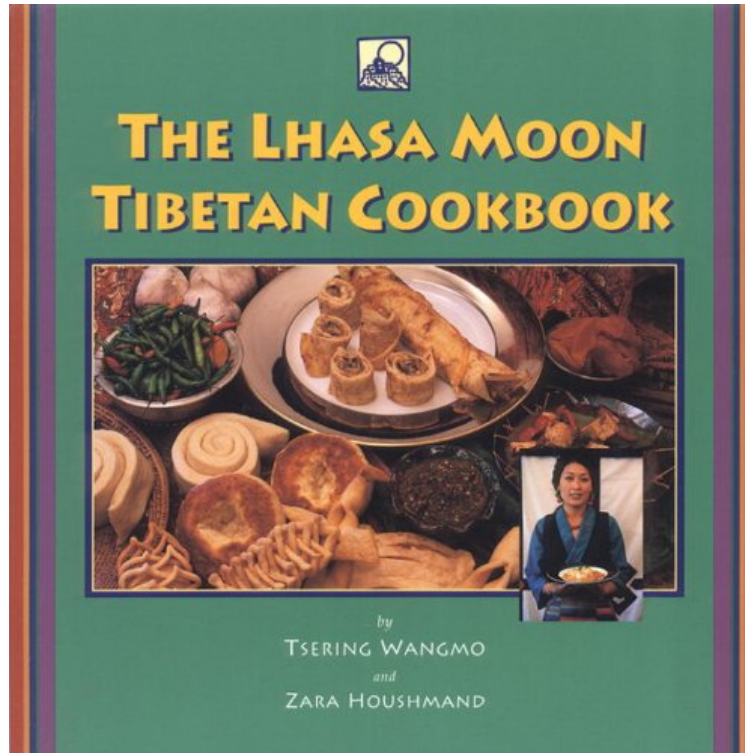


(Free and download) The Lhasa Moon Tibetan Cookbook

The Lhasa Moon Tibetan Cookbook

Tsering Wangmo, Zara Houshmand
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Located on Lombard Street in San Francisco's Marina District, Lhasa Moon is one of the finest Tibetan restaurants in the West. A unique mix of Asian influences and Tibetan regional ones, its cuisine delights vegetarians and meat lovers alike. This cookbook of the restaurant's most popular dishes includes recipes for soups, snacks and appetizers, the famous Tibetan momos, popular noodle dishes, tsampa and breads, sweets, and beverages. It also provides an excellent overview of the foods grown in Tibet with their special climate and regional variations; foreign influences; daily meals; the types of household kitchens; food served in monasteries; and food for Tibetan celebrations. A section on special ingredients and substitutions is also included.

From Library JournalIt's probably safe to say that few libraries?or cooks?have a Tibetan cookbook on their shelves. Lhasa Moon is a Tibetan restaurant in San Francisco, and Wangmo, its owner, and writer Houshmand have put together a collection of 80 recipes that will serve as an introduction to Tibetan food for most readers. Chiles (lots of

them), garlic, ginger, Szechuan peppercorns, and cilantro are favorite flavorings. Wangmo has modified some dishes for American tastes, created more vegetarian dishes than one typically finds in Tibetan cooking, and adapted recipes as necessary to Western ingredients. However, sidebars are careful to describe the authentic versions, and chapter introductions and photographs and line drawings throughout provide more context. For specialized international cookery collections and larger libraries. Copyright 1999 Reed Business Information, Inc. "One of San Francisco's top 100 restaurants!"mdash;San Francisco Chronicle "I was delighted by the range and depth of the cuisine in Tsering's cookbook and after cooking some of the food I can certainly see why her restaurant in San Francisco is so popular."mdash;The Austin Chronicle "The best general introduction to Tibetan cooking available to home cooks. . . . The dinners are quite ecstatic."mdash;The Asian Foodbookery "I was delighted by the range and depth of the cuisine in Tsering's cookbook, and after cooking some of the food I can certainly see why her restaurant in San Francisco is so popular."