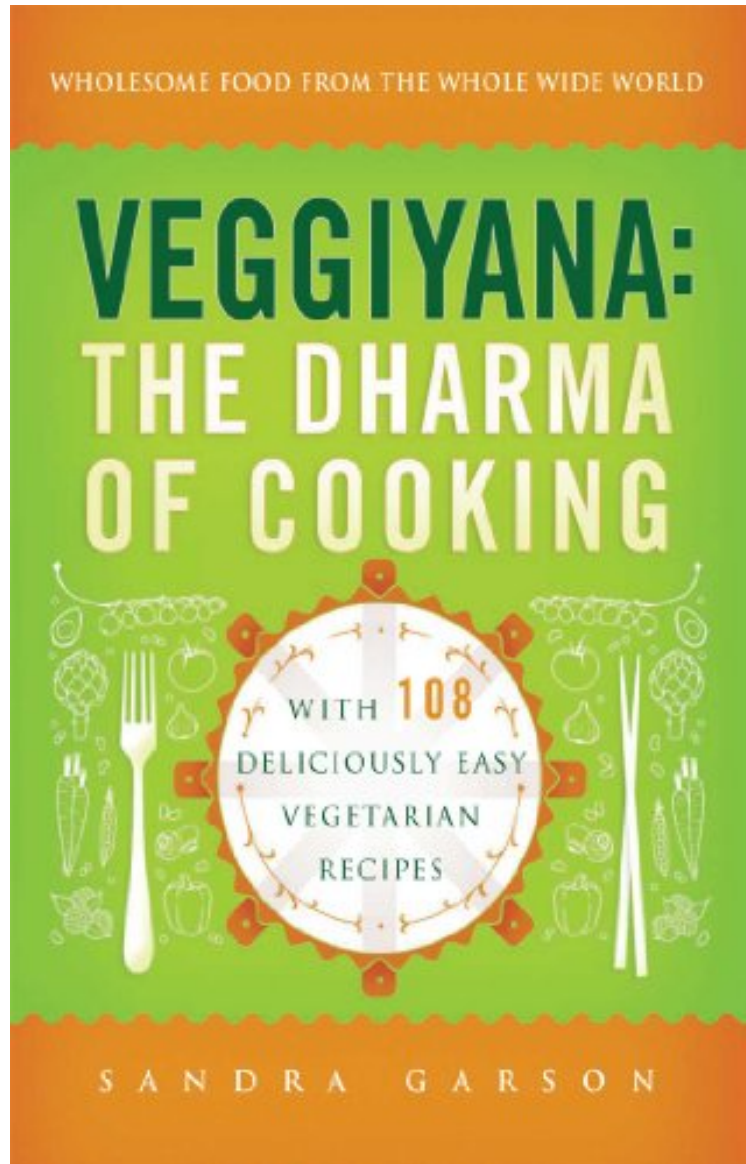


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Veggiyana: The Dharma of Cooking: With 108 Deliciously Easy Vegetarian Recipes

Sandra Garson

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Sandra Garson : Veggiyana: The Dharma of Cooking: With 108 Deliciously Easy Vegetarian Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Veggiyana: The Dharma of Cooking: With 108 Deliciously Easy Vegetarian Recipes:

0 of 0 people found the following review helpful. I have found MY cookbook!By Michael WardI have been searching

for a cook book that connects to me. This is the one! I have looked at several vegetarian / Buddhist cook books but the recipes usually have way too much sugar, cream, salt etc.. This is the first one that I think I can use that I will be able to produce a tasty, satisfying meal without all the above ingredients. Yay! 1 of 1 people found the following review helpful. A Unique and Interesting Cookbook. Yummy. By M. Ponder As a new vegan, I took this book out of the library while searching for dinner ideas. The book contains wisdom that you would not expect to find in a cookbook, and the recipes were different from what I have found in other books. I tried two recipes--one containing black-eye peas, the other fava beans. My family loved them both. Now note--I am the new vegan, not them! Anyway if you are looking for something different (especially if you eat a lot of beans and greens and whole grains) and you like spices like cumin, chili powder, curry etc., then look no further. This is the book for you. 1 of 1 people found the following review helpful. Inspirational cookbook By Emily I really like this book, for the stories that go along with the recipes. Garson shares her experiences in South Asia which led to her developing most of these recipes. I only wish the book had photographs so I could see what the food looks like.

The kitchen is the most vital place on Earth, because survival, even now in the age of iPads and large hadron colliders, still depends on wholesome, nutritious food. In keeping with this simple truth Veggiyana provides 108 tasty, beloved and simple recipes from around the world. And generously sprinkled throughout--like the perfect blend of herbs and spices are morsels of time-tested wisdom on how to live a life that nourishes both body and spirit. Veggiyana brings the vitality of the world's kitchens to your own with wisdom and recipes to delight and inspire.

"With recipes from around the world and quotes from Buddhist masters, chefs, food historians and celebrities, this book is enjoyable, informative and offers hours of guided cooking meditations." (Mandala) "Pure and simple ingredients, brilliantly easy recipes and a liberal serving of Dharma will nourish the body of wisdom well past mealtime." (Karen Maezen Miller, author of Hand Wash Cold and Momma Zen) "This is one beautiful book! Veggiyana is a book to be treasured, living as it will in my kitchen and in my heart." (Toni Bernhard, author of How to Be Sick: A Buddhist Inspired Guide for the Chronically Ill and Their Caregivers) "Veggiyana pleases the palate, and nourishes our Dharma practice." (Cheryl Wilfong, author The Meditative Gardener) "In order to have comfort, happiness, and a long life in this human body, we need to eat good food that is healthful and nourishing, and we must learn to eat with wisdom--and in Veggiyana, Sandra Garson shows us how to do this." (Thrangu Rinpoche) "The recipes are wholesome, nutritious, simple and express the author's premise that fueling the body with the right foods are the keys to a healthy mind and body." (The Vegan Mouse) "Sandy she has written a love letter to centuries of culinary innovation and tradition." (Bookadda.com) "I do recommend this book, especially for those who already have a number of cookbooks. With its mixture of narratives and foreign recipes, this cookbook is unlike any others I've seen." (Sally Kneidel, Ph.D, VeggieRevolution.com) "I was looking for a new vegetarian cookbook with satisfying recipes--a mixture of refreshing and hearty fare--but I'm no longer looking, because Veggiyana offers that perfect feast." -- (Shambhala Sun) About the Author Sandra Garson continues exploring food wisdom, cooking and practicing Dharma. She recently taught cooking at a Buddhist center in Ulan Baator, Mongolia. Her book How to Fix a Leek and Other Food from Your Farmers' Market is now available as a Kindle ebook. She is President of the US charity, Veggiyana, dedicating to feeding Buddhist sangha. Her next project is Nana Letscook, the kitchen genie who teaches the magic of food to kids.