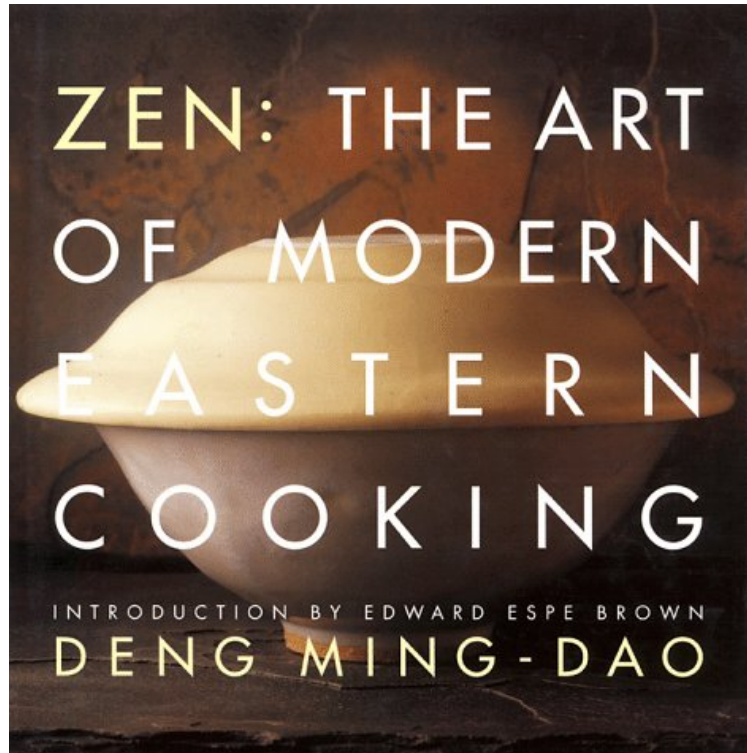


(Mobile ebook) Zen: The Art of Modern Eastern Cooking

Zen: The Art of Modern Eastern Cooking

Ming-Dao Deng

*ePub | *DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#1337909 in Books Soma Books 1998-10Ingredients: Example IngredientsOriginal language:EnglishPDF #1 9.50 x 9.25 x .50l, #File Name: 1579590047160 pages | File size: 48.Mb

Ming-Dao Deng : Zen: The Art of Modern Eastern Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Zen: The Art of Modern Eastern Cooking:

3 of 3 people found the following review helpful. Deng Ming-Dao Does It AgainBy LauraDeng Ming-Dao is one of the top Taoist writers of our time. With this gorgeously photographed cookbook, Ming-Dao doesn't just give us recipes for food - he gives recipes for living a life of balance and harmony. He serves up tips on how to prepare a menu that takes your guests' tastes and dietary needs into consideration, stories about samurais and tea ceremonies, and an entire page devoted just to water. "When you drink water, think of its source." Brilliant. And who but Ming-Dao would open a chapter on Classic Flavors with this? "There are a certain number of dishes that are important for any Zen cook to know. If you can cook these classic dishes, you will never be hungry. These dishes are inexpensive and use ingredients found the world over. You will also be of great service to others... you will be able to feed people." So simple and true. As one would expect of a Taoist cookbook, there are recipes appropriate for Winter, Spring, Summer and Fall, in order to bring balance into one's body, as well as the importance of harmonizing salt, sweet, acidic, savory and bitter flavors. This cookbook is a work of art and would make a great gift.0 of 0 people found the following review helpful. best book everBy tyecobbest book ever. Rice cooking like never before.0 of 3 people found the following review helpful. Five StarsBy james nisbetthank-you

A sense of well-being and good health is certainly high on most people's list of concerns. In this refreshing and

informative book, Deng Ming-Dao shows readers that life need not be that frantic and encourages them to establish a balance in their lives through diet. Drawing attention to the innately healthy practices of eating only fresh, seasonal foods, considering color, and allowing for the compatibility of flavors, this book will awaken the reader's senses and invigorate both the body and the spirit. From classic Zen dishes like Five-Color Stir-Fry to creative recipes like Mango Ginger Gazpacho, all of the recipes are accompanied with anecdotes and quotations from Zen masters. Also included is a section on tea and the ceremonial Zen approach to preparing and drinking it. This thought-provoking book is more than a collection of recipes--it is the key to a new lifestyle.

"Zen: The Art of Modern Eastern Cooking," by Deng Ming-Dao is a restful book. That may seem a contradiction in that the presumed aim of a cookbook is to activate the reader, motivating him or her to go into the kitchen and prepare food. But the approach Deng has taken is so low-key, the book's design and photographs so clear and uncluttered, that your journey into the kitchen with this book is likely to be as soothing as slipping into a warm bath. "Zen is simply everyday life lived with awareness" is the book's first sentence. Deng wants Zen cooking to be associated with common sense, health and pleasure. The nearly 100 recipes are appealing. Those we tested were well within the reach of most home cooks. They include many vegetable recipes, but the book is not vegetarian. There are recipes for lamb, chicken, and contemporary concepts including a shitake mushroom risotto and an Asian jambalaya... -- Chicago Tribune, February 24, 1999

About the Author
Author Deng Ming-Dao specializes in the nutritional and dietary aspects of Taoism and Zen Buddhism. He is the author of six books on eastern philosophies. The book features recipes from Arnold Wong, celebrated chef of San Francisco's EOS Restaurant, and an introduction by Edward Espe Brown, the president of the San Francisco Zen Center and chef at the renowned Greens restaurant. He is the author of four cookbooks, including the "Tassajara Bread Book."