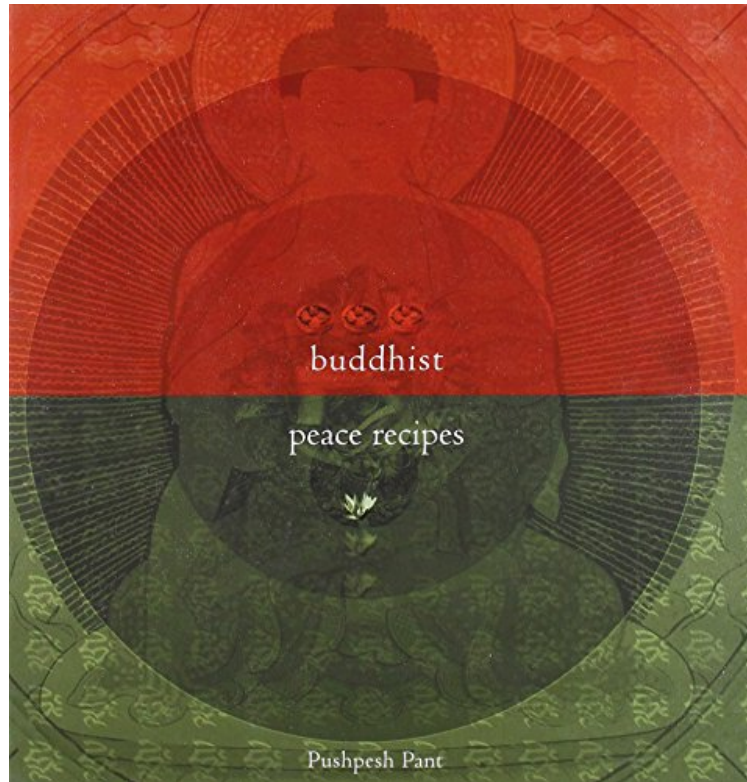


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Buddhist Peace Recipes (Roli Books)

Pushpesh Pant

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Pushpesh Pant : Buddhist Peace Recipes (Roli Books) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Buddhist Peace Recipes (Roli Books):

2 of 2 people found the following review helpful. YumBy M. Doyle This is a great vegetarian cookbook. The book has delicious recipes that are really simple to make. The book shipped on time and I received it in perfect shape. 1 of 1 people found the following review helpful. Four StarsBy CustomerLove this book. 2 of 2 people found the following review helpful. Four StarsBy Helen Troy Simple, tasty recipes in this little book.

Taken mainly from the South Asian Buddhist countries, these recipes provide a range of tastes and flavours that disprove the myth that vegetarian food is bland and unappetizing. From Buddhist Chinese and Japanese cooking styles that vary from steaming, stir-frying to grilling and baking, the sublime aromas of Indian cuisine, the creativity of Thai cuisine, the harmonious fusion of Sri Lankan and Indonesian food, to the rustic ruggedness of the basic Tibetan diet, the 50 recipes in this book offer a delectable array of peace foods. The author explains the philosophy that lies behind the middle path of the Buddha and how the right foods enhance mental peace and 'centre' your life. A practical guide to peace food.