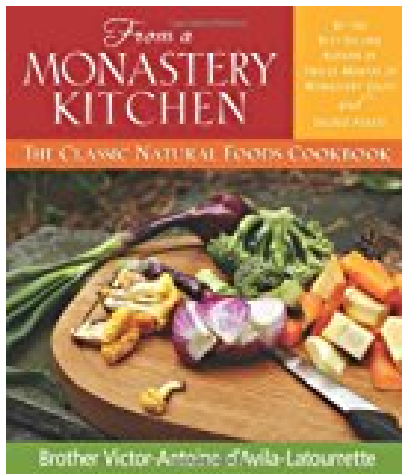


# From a Monastery Kitchen The Classic Natural Foods Cookbook

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## BOOK DETAILS

- Author : Brother Victor-Antoine DAvila-Latourrette
- Pages : 176 Pages
- Publisher : Liguori
- Language : English
- ISBN : 0764808508

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## **BOOK SYNOPSIS**

Salads are healthy, convenient, versatile, and more popular than ever due to the year-round availability of high quality salad ingredients. According to a recent survey, 95% of Americans eat salad at least three times per week. In *Twelve Months of Monastery Salads*, best-selling author Brother Victor celebrates creative, nourishing salads - a cuisine in harmony with traditional monastic cooking. Monastic cooking centers on simple, fresh, wholesome ingredients, and monks rely a great deal on the seasonal harvest of their gardens. This engaging collection of more than 200 delicious, satisfying salads is organized according to the bounty of the seasons from the first spring harvest (Salmon and Cucumber Salad) to the heartier fare of the winter months (Venetian Gorgonzola Salad). In each season there are salads that honor saints, such as St. Michaels Salad, which pairs delicious ripe tomatoes with onions, olives, fresh basil, and mozzarella. There are also salads from countries across the globe, including German Potato Salad, South American Bean Salad, and Indian Curried Lentil Salad. As Brother Victor states in the books introduction, A salad, carefully prepared, is always an occasion for celebration.

### **FROM A MONASTERY KITCHEN THE CLASSIC NATURAL FOODS**

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