



# THE ZEN MONASTERY COOKBOOK

REVISED EDITION

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STORIES AND RECIPES FROM A ZEN KITCHEN

COMPILED BY THE MONKS AT  
THE ZEN MONASTERY PEACE CENTER  
UNDER THE GUIDANCE OF CHERI HUBER

# Monastery Cookbook

**Victor-Antoine d'Avila-Latourrette**



## **Monastery Cookbook:**

The Monastery Garden Cookbook: Farm-Fresh Recipes for the Home Cook Victor-Antoine d'Avila-Latourrette, 2011-05-02 Brother Victor offers more simple and elegant vegetable recipes Keeping simple homegrown elegance at the center of his culinary approach Brother Victor has delighted the world's palate and its soul through the success of his books From a Monastery Kitchen and Twelve Months of Monastery Soups On the heels of 2010's The Pure Joy of Monastery Cooking his first fully illustrated cookbook Brother Victor revives one of his classics Fresh from a Monastery Garden originally published in 1998 These 200 vegetable recipes come direct from his kitchen at Our Lady of the Resurrection Monastery to yours They rely on the vibrancy of flavors and aromas and stay true to Brother Victor's belief in being kind to the Earth If you've never tried Brother Victor's clean healthy approach to cooking it's high time you did Dishes borrow the richness of his southern French culinary tradition with recipes like Fennel Ratatouille Asparagus Risotto and Alsatian Tomato Salad You'll also find techniques for canning and preserving fruits vegetables such treasures as Apple Sweet Potato Chutney and Corn Relish The Monastery Garden Cookbook celebrates vegetables offering a lifetime of deliciously healthy eating Formerly published under the title Fresh from a Monastery Garden *The Pure Joy of Monastery Cooking* Victor-Antoine D'Avila-Latourrette, 2010 A wonderful new collection of recipes from a revered cookbook author every cook and kitchen will delight in these 200 recipes

**From a Monastery Kitchen** Victor-Antoine d'Avila-Latourrette, 2000 When first published more than 20 years ago this cookbook became an instant classic admired for its emphasis on simplicity wholesomeness and good taste Now newly revised and expanded this edition will appeal to those who desire a healthy all natural and always delicious diet **Twelve Months of Monastery Soups** Victor-Antoine D'Avila-Latourrette, 1996 Presents recipes for one hundred seventy five predominantly vegetarian seasonal soups from watercress soup for spring to Saint Nicholas soup for the winter holidays **Twelve Months of Monastery Soups** Victor D'Avila-Latourrette, 1998-01-05 Of soup and love the first is best Brother Victor Antoine makes a passionate case for this Spanish proverb in Twelve Months of Monastery Soups bringing easy delicious soul satisfying soup recipes from the monastery to your kitchen From simple clear broths to thick hearty soups there's a recipe to appeal to every taste Arranged by month with an eye toward seasonal variety and at least one recipe for every vegetable native to North America the 175 soups include classic favorites such as Cream of Corn and Tomato and more unique recipes such as Jerusalem Artichoke Provençal Rainbow and Danish Onion Champagne With inspirational quotes proclaiming the goodness of soup sprinkled throughout and beautiful period block prints Twelve Months of Monastery Soups is a celebration of the art of soup making **Sacred Feasts** Victor-Antoine D'Avila-Latourrette, 2009 This book of seasonal cooking provides a backdrop of celebrating sacred feasts of the year from a monastery kitchen to your kitchen using recipes from Brother Victor Antoine d'Avila Latourrette Brother Victor Antoine is the best selling author of several cookbooks from his monastery kitchen Sacred Feasts focuses on using seasonal fresh fruits and vegetables to create inexpensive delicious healthy and

beautiful vegetarian dishes to delight your family and friends Recipes include simple and main dishes vegetables salads and savory desserts Also included are entire meals to help celebrate feast days family get togethers and to make even the most ordinary day special This is the perfect recipe book for everyone who loves to cook and to use affordable fresh wholesome in season fruits and vegetables that will please everyone Hardcover     **The Zen Monastery Cookbook** Cheri Huber, 2003 Between sections of recipes in this unique cookbook are compositions from American Zen monks those who were head cooks and those who assisted Funny and touching these stories reflect the difficulty challenge joy and freedom inherent in living as a Zen monk 90 recipes     *The New Orleans Monastery Cookbook* , 1992 This is more than another New Orleans cookbook All 174 recipes are from the kitchen of the Poor Clares of New Orleans served in their refectory The recipes reflect the diverse backgrounds of the nuns from the Midwest to the East Coast They are complemented by photos stories The book has a plastic binding laminated cover For ordering information write Sister Olivia 720 Henry Clay Avenue New Orleans Louisiana 70118 Phone 504 895 2019     Twelve Months of Monastery Salads Brother Victor-Antoine D'Avila-Latourrette, 2010 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 cui     **This Good Food** Brother Victor-antoine D'avila-latourret, 2011-09-20 To this Benedictine monk whose vegetable and herb beds chickens and sheep surround his small monastery preparing food is prayer Gourmet Simple and natural these are key aspects of the monastic cooking for which Brother Victor has become so widely known and the reason his cookbooks have become international bestsellers inspiring home cooks the world over This Good Food presents some 150 French vegetarian recipes that take advantage of seasonal produce and readily available ingredients These classic and contemporary vegetable dishes emphasize the connection to nature that is so vital to monastery cooking and the key to making meals that nourish both the body and the soul From a healthy Peasant Soup to a Leek Tart Fava Beans Castilian Style to a Mushroom Salad with Lemon to Basque Cake with Pears Brother Victor will show you how rich and delicious flavors can be coaxed from simple ingredients when combined and prepared in the appropriate way     Simplicity from a Monastery Kitchen Victor-Antoine D'Avila-Latourrette, 2001 As good for the body as they are for the soul America's best known monastery cook captures the essence of culinary and spiritual simplicity in a complete collection of recipes and menus for every meal of the day In our hectic mechanized age Brother Victor Antoine's recipes have been welcomed by thousands of tranquillity seeking readers His most extensive cookbook to date *Simplicity from a Monastery Kitchen* now brings his unique culinary spirit to every meal and occasion As always he draws on locally grown offerings to create a fresh range of recipes Complemented by the influence of his French palate each selection combines elegant flavors with natural ingredients for a satisfying yet nourishing dish Start the day with Eggs in Potato Croustades or Avignon Banana and Raisin Bread For lunch try one of ten hearty soups or a

Polenta and Broccoli Casserole Dinner could comprise Easy Spinach Croquettes and a Jerusalem Artichoke Salad or a lavish affair featuring Asparagus Canapes Grilled Sea Bass with Dill Sauce and St Peter s Zabaglione Also including a variety of souffles savory pancakes crepes pastas a special section devoted to mushrooms and a tempting array of more than two dozen sauces Simplicity from a Monastery Kitchen provides a way of cooking that truly celebrates the bounty of the Earth **Saint Benedict's Monastery Cookbook** ,2011 Simply Heavenly! George Burke,1995-02 **From a Monastery Kitchen** Elise Boulding,Victor-Antoine D'Avila-Latourrette,Jean-Marie Pearse,1976 **Three Bowls** Seppo Ed Farrey,Nancy O'Hara,2000 In the tradition of the bestselling Greens and Tassajara cookbooks eclectic and delicious vegetarian fare is offered by the nation s most traditional Zen Buddhist monastery Two color with calligraphy throughout **A Hermit's Cookbook** Andrew Jotischky,2011-06-02 How did medieval hermits survive on their self denying diet What did they eat and how did unethical monks get around the rules The Egyptian hermit Onuphrios was said to have lived entirely on dates and perhaps the most famous of all hermits John the Baptist on locusts and wild honey Was it really possible to sustain life on so little food The history of monasticism is defined by the fierce and passionate abandonment of the ordinary comforts of life the most striking being food and drink A Hermit s Cookbook opens with stories and pen portraits of the Desert Fathers of early Christianity and their followers who were ascetic solitaires hermits and pillar dwellers It proceeds to explore how the ideals of the desert fathers were revived in both the Byzantine and western traditions looking at the cultivation of food in monasteries eating and cooking and why hunting animals was rejected by any self respecting hermit Full of rich anecdotes and including recipes for basic monk s stew and bread soup and many others this is a fascinating story of hermits monks food and fasting in the Middle Ages The Monastery Cookbook ,2000 **Simply Heavenly!** George Burke,1997 In addition to not eating meat vegan vegetarians also avoid milk and dairy products and eggs This cookbook is jam packed with vegan recipes including basic recipes for using wheat gluten to make un chicken and un beef Line art *The Kopan Cookbook* Betty Jung,1992 Featuring a wonderful selection of recipes for appetizers soups rice and noodle dishes breads condiments and teas this collection of over 40 recipes from the world renowned Kopan Monastery makes a wide variety of traditional Tibetan dishes accessible to the Western cook Illustrated with hand rendered drawings of Tibetan icons **Secrets of the Monastery** Barbara Lynette,JoAnn Schuh,2007-07

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