



Tibetan Cooking: Recipes for Daily Living, Celebration, and Ceremony

Elizabeth Esther Kelly

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There is no better way to experience the flavor of an exotic culture than through its food—and no better guide to the recipes and gustatory culture of Tibet than Elizabeth Kelly, long-time cook for lamas and other Tibetans. Her remarkable array of easy-to-follow recipes use ingredients readily available in the West. You will find serving suggestions, meal planning, traditional foods, and numerous vegetarian dishes: everything needed to make a complete Tibetan dinner or just to try something different. *Tibetan Cooking: Recipes for Daily Living, Celebration, and Ceremony* also offers a personal look into the little known aspects of Tibetan cuisine: its adaptation to modern times and its preservation and connection with Tibetan holidays and religious ceremonies. Beautifully illustrated and well designed as a gift or for everyday practical use, this book is a gem.

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Stephanie Carter:

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