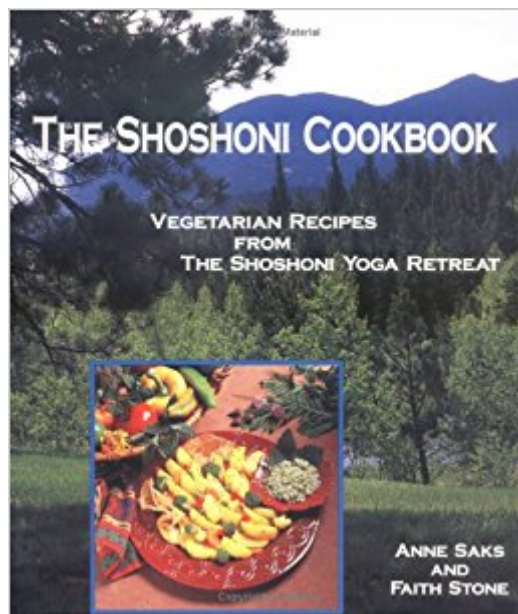




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The Shoshoni Cookbook: Vegetarian Recipes From The Shoshoni Yoga Retreat



Synopsis

Let Shoshoni's two master cooks, Faith Stone and Anne Saks, guide you in creating that nourishing atmosphere that turns good food into great food. Here is a sampling of the recipes that have made the Shoshoni Yoga Retreat kitchen a memorable experience for hundreds of diners and retreat-goers.

Book Information

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Customer Reviews

How can a cookbook knock your socks off? You will find out if you buy this cookbook. Sometime ago I quit buying cookbooks because I noticed I would be excited to get them because the pictures would be so enticing, then shortly I would lose my enthusiasm and end up not using them at all. So I started getting cookbooks from the library. This one I checked out of the library 4 times before I figured out it is the best cookbook I have ever seen. The dishes are accessible. For me that means they aren't too exotic or too "foodie". They are really good tasting food meant to be made by people that care what the nutrients of the food they eat and give honor to the process of cooking and serving food. Although vegetarian, virtually every recipe is also vegan. And did I say Delicious? I need to repeat that 400 or 500 times.

Not only did the book arrive in perfect condition, but it was delivered very quickly, which I appreciated because I was very anxious to have it! The recipes are awesome as are the little insights with each one that shares the spiritual side of how the food is honored and prepared. It makes me feel like I am a part of something very special everytime I use it. This book is a must-have

for anyone who is looking for a high-end collection of recipes that don't cost alot. It has quickly become one of my favorites!

delicious and unusual recipes

This is a great cookbook.

We ordered the book and the binding was broken. seller sent another book but it had the same problem

The best cookbook I've ever owned. Just like the other reviews say, recipes are easily laid out, simple, and ingredients are easy to get; or you may have them in your pantry already. Plus, it's got a little of everything-not just indian recipes...something from each region, and appetizers, breakfasts, etc. You could easily add meat to the recipes if you are not vegetarian. But definitely get this book-you will not be disappointed. My dad copied the recipe for Moroccan stew and added meat to his. I have given this book countless times, as a gift. It's just beautiful. If you are a seasoned cook, you will find inspiration and appreciate the simple elegance of the recipes. If you are trying to increase your kitchen know-how, you will find this book accessible and do-able. If you have children, they will likely enjoy many of these recipes. My child does! Get this book, and enjoy!

This book is a must for any vegetarian or vegan out there! I'm usually hesitant to try cookbooks that don't have pictures, but all of these recipes are outstanding! You will need to invest in some good spices, but you won't regret it. Do yourself a favor and get this cookbook in your kitchen today.

Of all the vegetarian cookbooks I've come across, this one is among the best. I've tried other cookbooks such as Moosewood and was never satisfied. This book actually has entrees that aren't just a collection of Middle Eastern dishes. They are original, yet simple and easy to follow and don't require a trip to specialty stores for that one ingredient you've never heard of. The dishes that I've prepared from this book have been enjoyed by vegetarians and meat-eaters alike, so if your family is divided on such issues, have no fear.

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