



The Complete Tassajara Cookbook: Recipes, Techniques, and Reflections from the Famed Zen Kitchen

By Edward Espe Brown

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California's Tassajara Zen Mountain Center has long been renowned for its gourmet vegetarian cuisine. In this comprehensive guide to the Tassajara way of cooking, the retreat center–spa's most celebrated chef, Edward Espe Brown, presents hundreds of recipes using fresh, whole foods; detailed notes on preparing seasonal ingredients; and, perhaps most important, inspiration for cooking with joyful intention and attention. Presented with humor and warmth, this book is full of insights for living a life that celebrates simple food.

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Editorial Review

Review

"A baking Zen priest after [our] own heart!"—*O, the Oprah Magazine*

"With profound-yet-playful regard for his subject matter, Ed Brown has consistently graced us with the practical poetry of his delicious cooking. This tome ties it all together beautifully, bringing new meaning to the word *essential*. In our modern era of rapid media images and flashing-light information, *The Complete Tassajara Cookbook* will provide a glowing sense of calm—hefty with substance, light with spirit, and rich with the experience of a master."—Mollie Katzen, author of *The Moosewood Cookbook*

"A thoughtful tutorial. The detailed recipes that follow are eclectic and at times unusual, but all celebrate vegetarian cuisine and the art of improvisation."—*San Francisco Chronicle*

"The book reads like a script from a (good) cooking show. The recipes are nicely simple and easy to follow. This cookbook should be on any cooking enthusiast's shelf, whether you're a vegetarian or not."—*Elephant Journal*

About the Author

Edward Espe Brown began cooking and practicing Zen in 1965. He was the first head resident cook at Tassajara Zen Mountain Center from 1967 to 1970. He later worked at the celebrated Greens Restaurant in San Francisco, serving as busboy, waiter, floor manager, wine buyer, cashier, host, and manager. Ordained a priest by Shunryu Suzuki Roshi, he has taught meditation retreats and vegetarian cooking classes throughout North America and Europe. He is the author of several cookbooks and the editor of *Not Always So*, a book of lectures by Shunryu Suzuki Roshi. He is the subject of the critically acclaimed 2007 film *How to Cook Your Life*.

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Viola Hassell:

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Famed Zen Kitchen has a lot of knowledge on it. So when you read this book you can get a lot of profit. The book was authored by the very famous author. Tom makes some research just before write this book. This kind of book very easy to read you will get the point easily after looking over this book.

Nichole Gibson:

Your reading sixth sense will not betray you actually, why because this The Complete Tassajara Cookbook: Recipes, Techniques, and Reflections from the Famed Zen Kitchen publication written by well-known writer who really knows well how to make book that could be understand by anyone who also read the book. Written inside good manner for you, leaking every ideas and writing skill only for eliminate your own personal hunger then you still uncertainty The Complete Tassajara Cookbook: Recipes, Techniques, and Reflections from the Famed Zen Kitchen as good book but not only by the cover but also through the content. This is one guide that can break don't judge book by its include, so do you still needing yet another sixth sense to pick that!? Oh come on your reading sixth sense already said so why you have to listening to an additional sixth sense.

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