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The Tao of Cooking

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The Tao of Cooking Sally Pasley

Taking full advantage of a rich variety of fresh ingredients, The Tao of Cooking offers the adventurous cook a chance to experiment with 300 meatless recipes from around the world. Divided into 12 chapters, the book includes recipes for entrees, breakfasts, soups, appetizers, side dishes, and pasta and more than 50 recipes for breads and desserts. Menus for complete meals, a glossary of ingredients, and a thorough index contribute to making it one of the most useful and joyful treasures on your cookbook shelf. These superb recipes and menus are from the legendary Tao Restaurant which was operated by the Rudrananda Ashram in Bloomington, Indiana. A vegetarian favorite!

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