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Cooking with Spirits for the Spirit: A Meditative Approach to Cooking (Paperback)

By Janet Hall Svisdahl

iUniverse, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dedicated to the spirit of living simply, pleurably, and prayerfully, author Janet Hall Svisdahl presents a collection of recipes--combined with inspirational quotations, poems, and sayings for meditative exercise--designed to feed both the body and the soul. In Cooking with Spirits for the Spirit, Svisdahl shares recipes that have been gathered internationally from family and friends. This cookbook incorporates basic information about cooking methods and ingredients with a wide range of recipes featuring appetizers, cocktails, breads, breakfast, lunch, dinner, soups and stews, salads and dressings, fish and seafood, meat, poultry, pasta, rice, and dessert. A wine and beer guide and recipes for four complete holiday meals are also included. In Cooking with Spirits for the Spirit, Svisdahl, who began cooking at age eleven, offers a guide to tasty meals that are easy to prepare and assemble. Through recipes and reflections, she communicates her belief that food is a sacred gift for the body and soul.



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Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).

-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Emmitt Harber