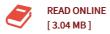




## Return to the Rivers

By Vikas Khanna

Wisdom Tree, New Delhi, India. Hardcover. Book Condition: New. Dust Jacket Condition: New. Encouraged by a chance meeting with His Holiness the Dalai Lama, Vikas Khanna embarked on a series of journeys through the river valleys of the Himalayas and into the heart of Himalayan cooking. RETURN TO THE RIVERS is an incredible collection of recipes, photos, and memories, a means to preserve and share the sacred foodways, values, and simple gifts of friendship that the Himalayan people bestowed upon Khanna. Exploring the regions the great Himalayas touch uponBhutan, Nepal, Tibet, and northern IndiaKhanna was met with immeasurable kindness and hospitality. Mothers, grandmothers, and strangers soon became friends and shared beautifully simple and appealing recipes such as Spinach and Cheese Momos, Fried Ginger Eggplant, Chile-Scallion Buckwheat Noodles, Nepalese Black Lentils and Rice, Pressed Rice with Yogurt and Almonds, and Tibetan Spicy Chicken Meatballs. RETURN TO THE RIVERS is at once a cookbook, travelogue, and tribute to an extraordinary way of life.Printed Pages: 444.



## Reviews

This is the finest book i have got study right up until now. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Keanu Johns

This is the finest book i have read until now. It is filled with wisdom and knowledge You can expect to like just how the author compose this ebook.

-- Tobin Lesch