

Vegan Sukiyaki Recipe

William Shurtleff; Akiko Aoyagi

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stews colorful stir fries hot and cold noodles and delicate sorbet Greenwood shows food to be a direct daily way to understand Zen practice With eloquent prose she takes readers into monasteries and markets messy kitchens and predawn meditation rooms and offers food for thought that nourishes and delights body mind and spirit Kliatt Young Adult Paperback Book Guide ,1996

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