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Tassajara Cookbook: Lunches, Picnics & Appetizers

Karla Oliveira

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Vegetarian appetizers and light meals from the Tassajara Zen Mountain Center.

Tassajara Zen Mountain Center, the legendary Buddhist monastery set deep in California's Ventana wilderness, is famous for its healthy gourmet vegetarian cuisine. Guests are known to rave about one particular Tassajara tradition: the bag lunch. Tassajara Cookbook shares these never-before published recipes for savory sandwich spreads, pâtés and loaves, egg and tofu sandwich fillings, salads, chutneys, sauces, marinades, and butters, as well as recipes for baked goods and sweet treats.

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