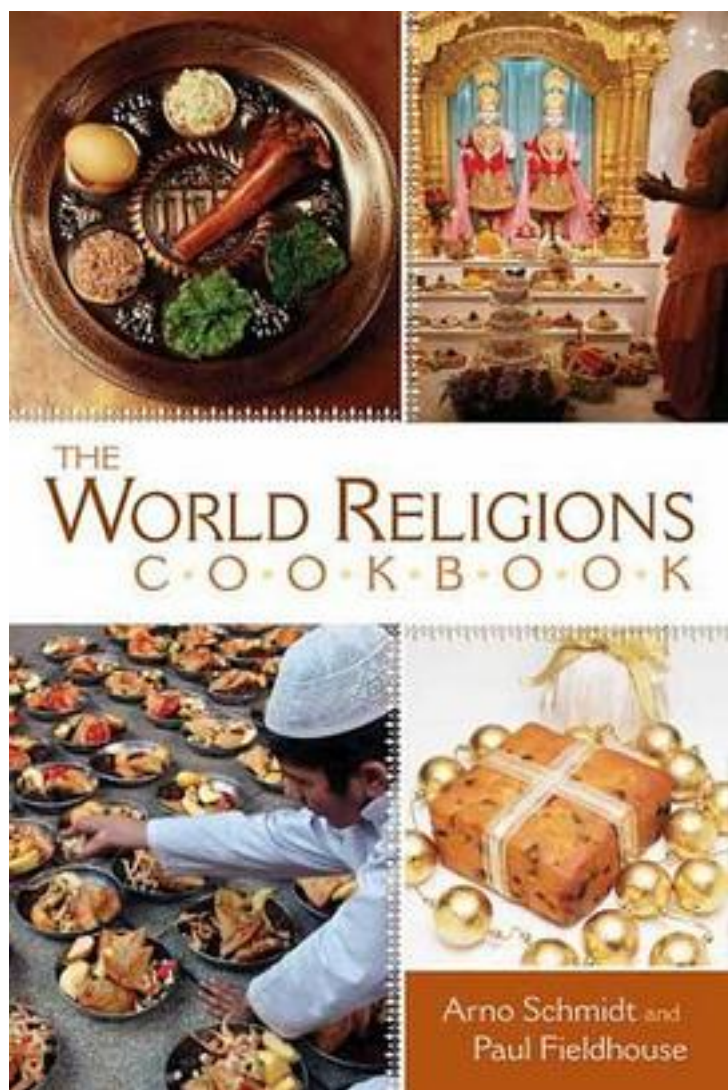


# The World Religions Cookbook



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Food is central to daily religious practice and holiday celebrations the world over. Orthodox Jews keep kosher, Muslims feast after fasting during the holy month of Ramadan, and Hindus leave food offerings in the temple for the deities. For many, food is seen as nourishment for the body and soul. This cookbook illuminates the food practices of followers of seven major world religions: Judaism, Christianity, Islam, Hinduism, Sikhism, Buddhism, and Shintoism. The narrative and nearly 300 recipes give a flavour of what is eaten for sacred occasions and why. A brief overview of each religion is followed by a discussion of any dietary restrictions. Then the recipes are organised by holiday or special occasion, featuring dishes from appetisers to desserts. Recipes are drawn from a variety of countries and cultures where the religion is practiced. The recipes are contextualised and have clear instructions for the novice cook. A final section in some chapters allows readers to recreate what the religion's founder or major figures might have eaten during their lifetime. A glossary defines what might be unfamiliar cooking terms and food and kitchen items. An introduction, list of recipes, conversion measurements, bibliography, index, and illustrations round out the cookbook.

作者介绍:

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