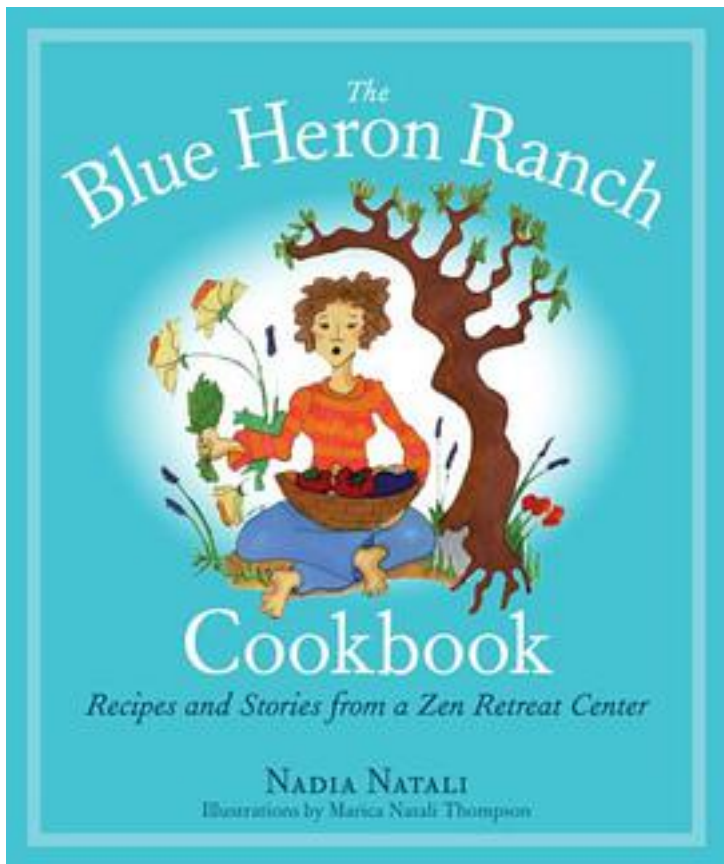


# The Blue Heron Ranch Cookbook



[The Blue Heron Ranch Cookbook\\_下载链接1](#)

著者:Natali, Nadia

出版者:

出版时间:2008-7

装帧:

isbn:9781556437175

The Blue Heron Ranch Cookbook, based on *Cooking Off the Grid*, also by Nadia Natali, blends 126 tasty, healthful recipes with lively tales of the Natali family's adventures living close to the land—in the wilds of California's Los Padres National Forest. Nadia Natali's varied dishes, suitable for any group or family, are presented in a simple style that makes them both visually appealing and effortless, as a sequence of ingredients

that correspond to numbered directions. Each chapter opens with a vivid account of the family’s trials and triumphs at Blue Heron Ranch, followed by a particular category of recipes, arranged in seven groupings. Whimsical illustrations adorn the recipes and embellish the sometimes poignant, often hilarious stories about raising a family in the wilderness, running a meditation center, and facing nature’s seemingly endless challenges—with the Blue Heron Ranch kitchen being the center around which these events unfold. Recipes include Blue Heron Ranch Potato Leek Soup, Saturday Market Quiche, Miso Pine Salmon, Ojai Bouillabaisse, Early Morning Rice Cream, Aunt Ev’s Cardamom Bundt Cake, and Honey Almond Chai. The Blue Heron Ranch Cookbook offers culinary and spiritual sustenance to anyone who wants to experience, or revisit, the pleasures of comforting, communal meals at Zen and other retreat centers.

作者介绍:

目录:

[The Blue Heron Ranch Cookbook\\_下载链接1\\_](#)

标签

评论

-----  
[The Blue Heron Ranch Cookbook\\_下载链接1\\_](#)

书评

-----  
[The Blue Heron Ranch Cookbook\\_下载链接1\\_](#)