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A Taste of Heaven and Earth

Bettina Vitell

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For Bettina Vitell the simple art of cooking holds the seeds to a deeper, more life-enriching experience. It is a way to become more aware of ourselves and the world around us, to think clearly and to delight in even the most basic daily activities of our lives.

The dishes in *A Taste of Heaven and Earth* reflect this Zen philosophy. Bettina Vitell's uncomplicated recipes produce sophisticated, creative meals without ever losing site of her goal of preparing low-dairy vegetarian food. Tastes from both East and West merge with delicious results: here kale and tofu adorn pizza, and udon noodles are dressed with pesto. There are recipes for soup stock and tomato sauce, as well as cashew ginger sauce and apricot lime chutney. The homey breakfast and dessert sections provide recipes for muffins and crisps; and sections on pizza, sushi, curries, and Mexican-inspired foods expand the traditional range of vegetarian cooking.

A Taste of Heaven and Earth explores beyond the reaches of traditional cook-books by offering contemplative essays and ink drawings that heighten the cook's sensory experience in the kitchen. They provide questions and stories that help readers realize the simplicity and beauty inherent in preparing and eating good food.

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Homer Anderson:

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