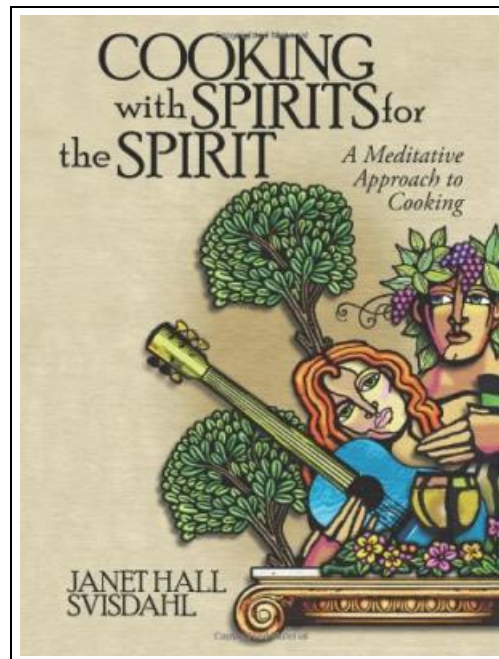


## Cooking with Spirits for the Spirit: A Meditative Approach to Cooking (Paperback)



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iUniverse, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dedicated to the spirit of living simply, pleasurably, and prayerfully, author Janet Hall Svisdahl presents a collection of recipes--combined with inspirational quotations, poems, and sayings for meditative exercise--designed to feed both the body and the soul. In *Cooking with Spirits for the Spirit*, Svisdahl shares recipes that have been gathered internationally from family and friends. This cookbook incorporates basic information about cooking methods and ingredients with a wide range of recipes featuring appetizers, cocktails, breads, breakfast, lunch, dinner, soups and stews, salads and dressings, fish and seafood, meat, poultry, pasta, rice, and dessert. A wine and beer guide and recipes for four complete holiday meals are also included. In *Cooking with Spirits for the Spirit*, Svisdahl, who began cooking at age eleven, offers a guide to tasty meals that are easy to prepare and assemble. Through recipes and reflections, she communicates her belief that food is a sacred gift for the body and soul.

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