

KARLA OLIVEIRA, a nutritionist and professional chef, started her culinary career over twenty-five years ago. Her interest in the culinary arts combined with her nutritional knowledge and professional chef skills led her to open her own nutritionist/private chef business, Conscious Eating Cuisine, specializing in international vegetarian cuisine. She has also taught cooking classes, worked in culinary cooking schools with some of the most respected vegetarian chefs and has been a research nutritionist for Stanford University. Karla lives with her sons, Colin and Jackson, in the San Francisco Bay area and is currently pursuing Fine Dining in the Fields—organic farm to plate dining and educational events.



Savor these legendary lunch, picnic and appetizer recipes from the Tassajara Zen Mountain Center's famous Bag Lunch menu.

Cookbook



TASSAJARA COOKBOOK

lunches,
picnics &
appetizers

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GIBBS
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Karla Oliveira

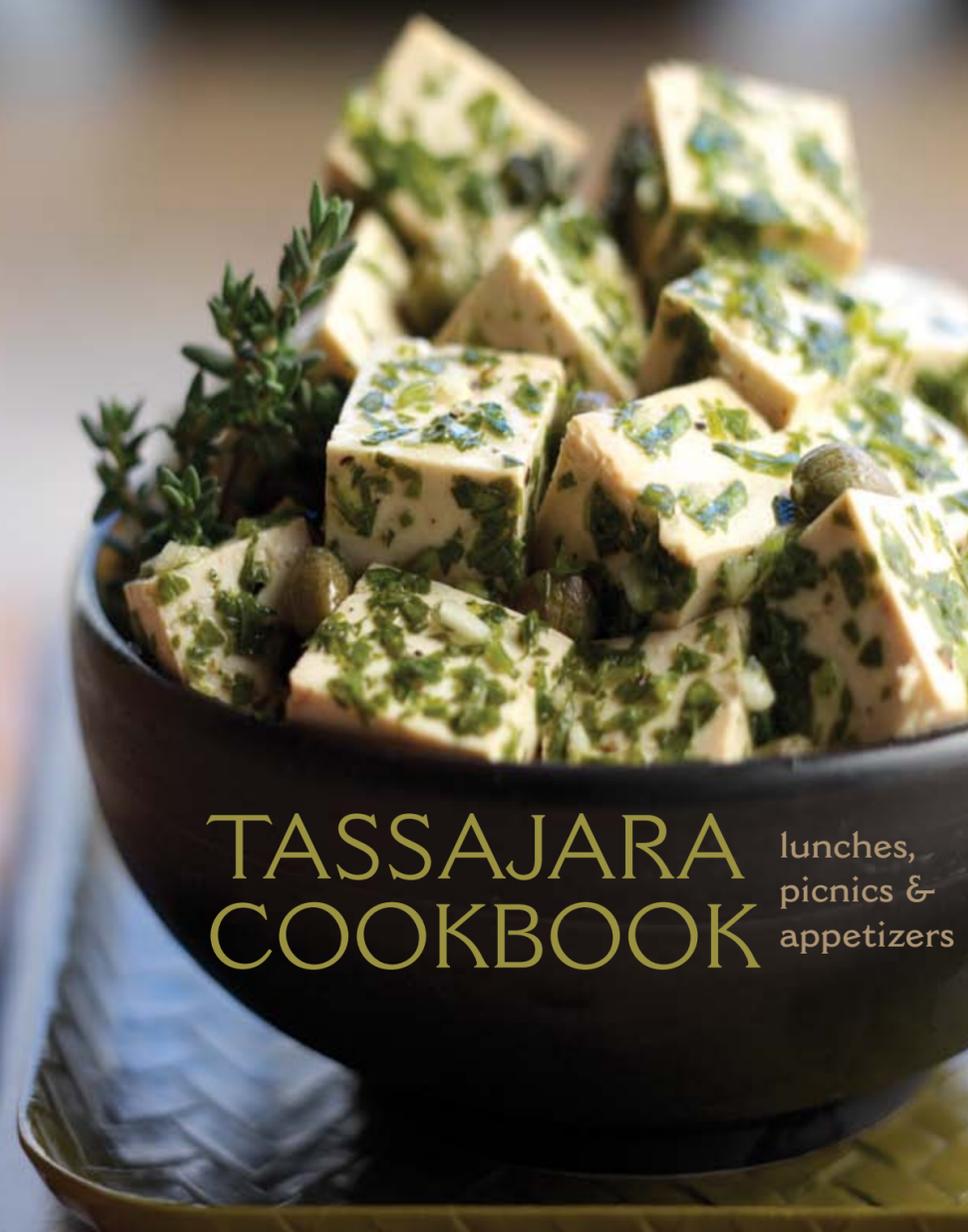
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TASSAJARA COOKBOOK

THE TASSAJARA ZEN MOUNTAIN CENTER, a legendary Buddhist monastery set deep in California's Ventana Wilderness, is famous for its healthy gourmet vegetarian cuisine. Guests rave about one particular Tassajara tradition: the bag lunch. Now *Tassajara Cookbook: Lunches, Picnics & Appetizers* shares these never-before-published recipes for savory spreads, pâtés and loaves, sandwich fillings, granolas, salads, chutneys, sauces, and marinades, as well as baked goods and sweet treats.

A valuable resource for picnics, snacks, appetizers and small plates, *Tassajara Cookbook* is filled with recipes that can be prepared in advance for parties or camping and traveling. The *Tassajara Cookbook* is perfect for vegans and vegetarians on the go, or anyone who wants to add healthy, tasty snacks to his or her diet.

TASSAJARA
COOKBOOK lunches,
picnics &
appetizers





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Persian Olive, Walnut, and Pomegranate Tapenade

Middle Eastern dishes often use whole pomegranate seeds in their dishes for wonderful color, flavor, and texture. In this recipe, the seeds burst their sweet-tart flavor into the creamy tapenade. For a real treat, serve it Persian style with a plate of fresh herbs (mint, parsley, dill, and scallions), a chunk of feta cheese, cucumber slices, and pita or traditional Middle Eastern flat bread.

- 1 cup unseasoned green olives, such as Picholines, pitted
- $\frac{2}{3}$ cup toasted walnuts, finely chopped
- $\frac{1}{2}$ cup whole pomegranate seeds
- $\frac{1}{4}$ cup chopped cilantro
- 1 clove minced garlic
- 2 tablespoons extra virgin olive oil
- lemon juice
- salt
- 2 pita rounds, cut into triangles

Finely mince the olives. In a bowl, combine the olives, walnuts, pomegranate seeds, cilantro, garlic, and olive oil; stir to mix. Add a few drops of lemon juice and salt if necessary. The mixture may not need salt if the olives are salty.

Preheat the oven to 375 degrees F. Toast the pita triangles on a baking sheet until lightly colored and crisp, about 8 to 10 minutes; let cool. Serve tapenade with the pita toasts.

MAKES 1 $\frac{1}{2}$ CUPS





“When you are practicing, you realize that your mind is like a screen. If the screen is colorful, colorful enough to attract people, then it will not serve its purpose. So to have a screen which is not colorful—to have a pure, plain white screen—is the most important point.”

—SHUNRYU SUZUKI ROSHI