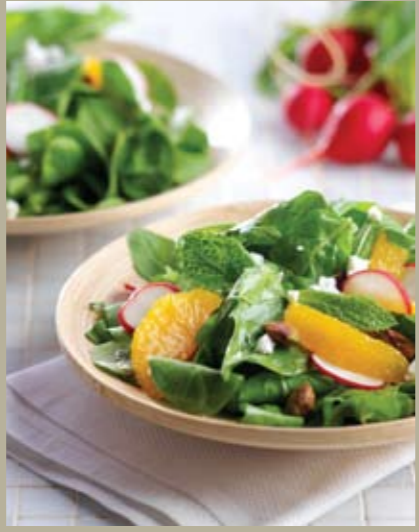




DALE AND MELISSA KENT lived and practiced at the Tassajara Zen Mountain Center for seven years. They now work as caretakers in the foothills of the eastern Sierras, where they garden, cook, and promote sustainable living and organic food for all.

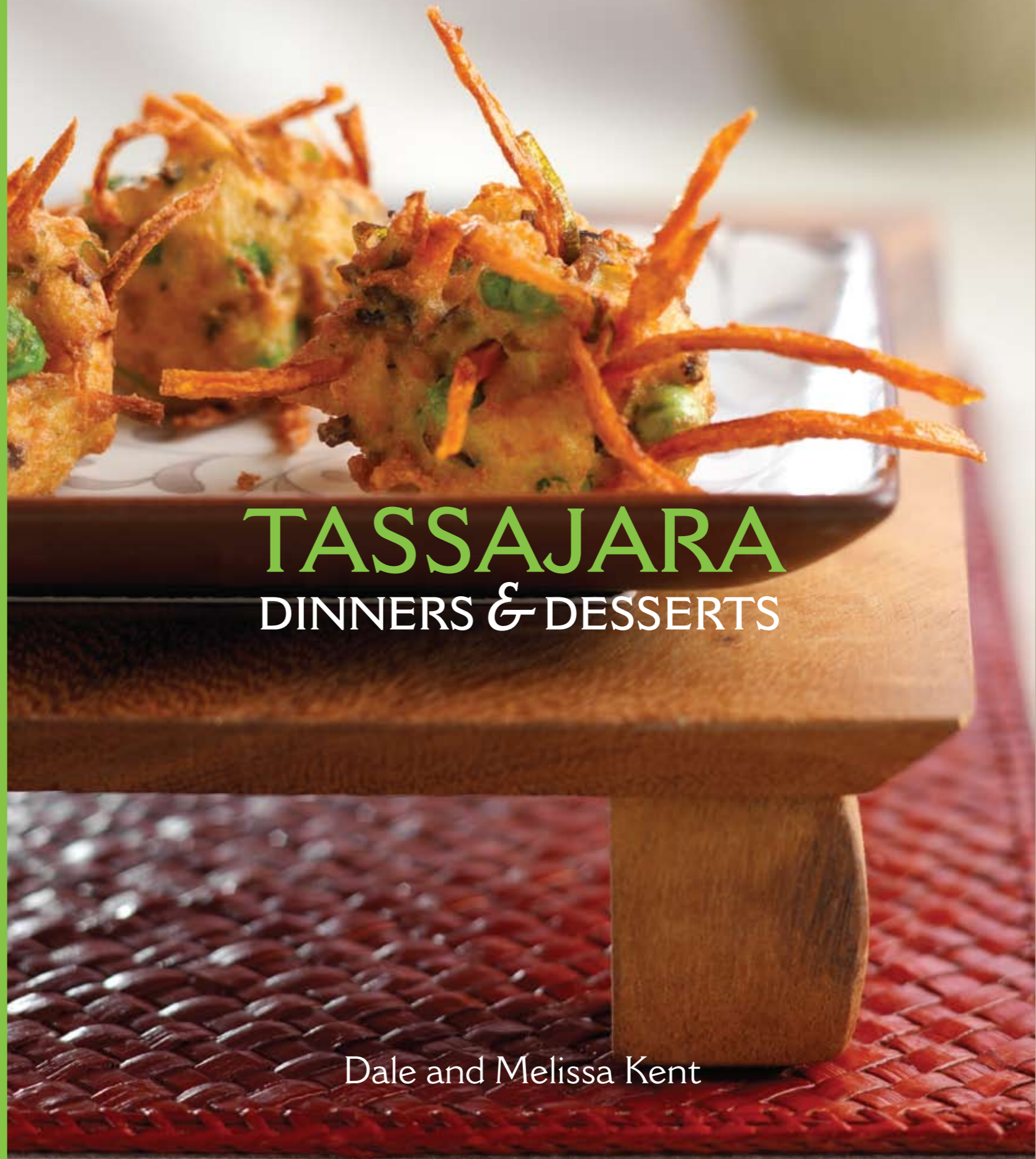
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Recipes and stories from the
Tassajara Zen Mountain Center

TASSAJARA DINNERS & DESSERTS

Kent



TASSAJARA DINNERS & DESSERTS

Dale and Melissa Kent

COOKBOOK

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TASSAJARA DINNERS & DESSERTS

THOSE WHO VISIT THE TASSAJARA Zen Mountain Center are shown that every aspect of one's day can be lived with mindfulness—even food preparations and choices of what we eat.

Take a look behind the doors of this great monastic kitchen to see that preparing food can be a spiritual practice. You'll learn to make mouthwatering vegan and vegetarian recipes such as Roasted Fingerling Potatoes and Corn, Frittata with Caramelized Onions, Coconut Curry with Mixed Vegetables, Ginger Mashed Yams, Sweet Tapioca Soup with Honeydew, and Ricotta Chevre with Ginger Berry Compote.

In *Tassajara Dinners & Desserts*, you will not only find recipes filled with the flavor of Zen practice, but also stories from past guest cooks such as Deborah Madison, Ed Brown, Annie Somerville, and many others whose hearts and peaceful minds were truly tested in the heat of the Tassajara kitchen.



Mexican Chocolate Cake

Mushroom Galette

This filling can go into buckwheat blinis for a nice wheat-free alternative to the rich crust of the galette.

1 cup chopped onion	Simple Yeasted Tart Dough (see page 150)
3 cups thinly sliced fresh mushrooms	4 tablespoons grated Parmesan or cheddar cheese
2 tablespoons herbes de Provence	6 ounces goat cheese
1 teaspoon salt	
½ to 1 cup white wine	
1 bunch hardy greens, stemmed (kale, mustard, etc.)	

Preheat oven to 425 degrees.

Sauté onion until translucent. Add the mushrooms, herbs, and salt and cook for 15 to 20 minutes, or longer if the volume is large. The mushrooms should release their juices, filling the pan with liquid. Add the wine and cook down until the mushrooms are brown and the mixture begins to caramelize. Steam greens until cooked and put in a colander to drain.

Roll out dough and place on a sheet pan. Sprinkle the cheese in the middle. This melts and forms a watertight seal that helps keep the crust crisp.

Squeeze as much water as you can out of the greens and then chop. Toss with goat cheese and mushrooms. Put mixture in middle of dough, then fold up the sides to form the galette. Bake at 425 degrees for 15 minutes, then turn the oven down to 350 degrees and bake another 15 to 30 minutes. It is done when the crust is brown and the insides are bubbling. The bottom of the crust should be golden, crisp, and dry.

SERVES 4–6



Lemon Sponge Custard With Raspberry Sauce

This dessert is a perennial favorite at Tassajara. It is especially wonderful in the summer when Meyer lemons are available. Try to serve it warm from the oven if you can. The texture is amazing and there is a little bit of a soufflé like puff that falls within 10 or 15 minutes.

CUSTARD

1½ tablespoons butter, softened	3 tablespoons sifted all-purpose flour
¾ cup sugar	¼ cup lemon juice
2 teaspoons lemon zest	1 cup milk
3 eggs, separated	

SAUCE

1 pint raspberries	2 tablespoons orange liqueur or orange flower water
3 tablespoons confectioners' sugar	½ teaspoon almond extract

Preheat the oven to 350 degrees.

For the custard, cream together the butter, sugar, and zest. Beat the egg yolks, add to sugar mixture, and beat well. Stir in the flour alternately the lemon juice and milk.

Beat the egg whites until stiff but not dry. Fold them into the yolk mixture. Place the batter in a buttered 7-inch baking or casserole dish. Set on a rack in a pan filled with 1 inch of hot water. Bake about 1 hour, or until set. The edges of the sponge will start to pull away from the sides of the casserole, and the top will begin to turn golden. (May also be cooked in individual ramekins until set, about 30 to 35 minutes.)

For the sauce, blend together all the ingredients in a blender or food processor; strain through a sieve, pressing firmly with a rubber spatula. Taste and add sugar and/or flavorings. Spoon over the custard servings.

SERVES 4–6

