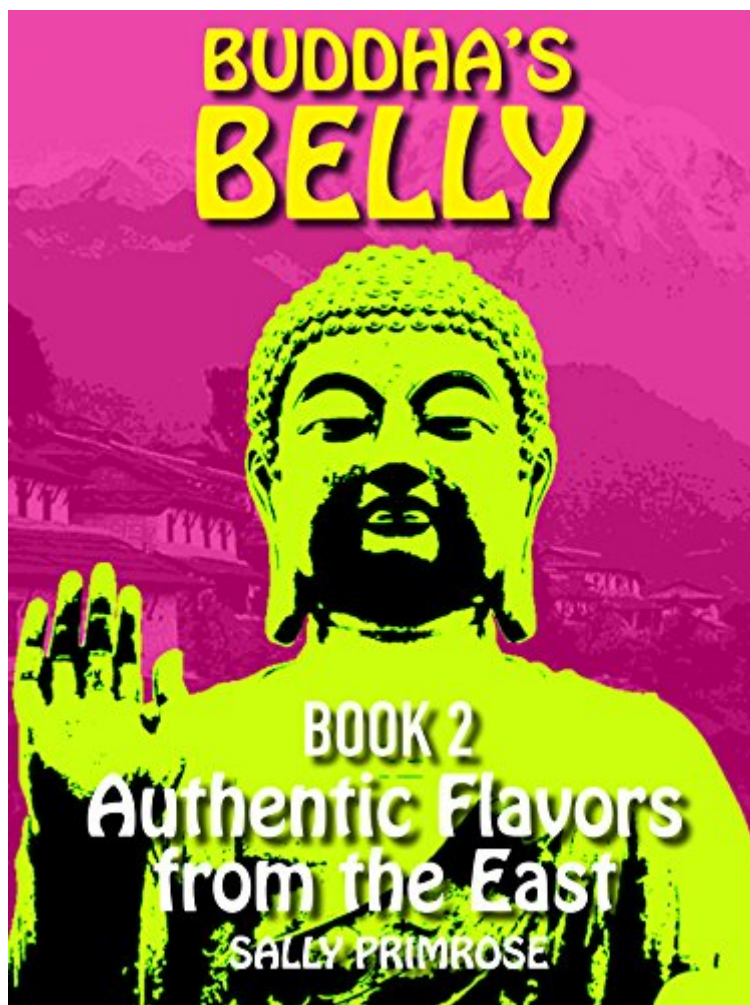


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# **Buddha's Belly - Authentic Flavors From The East: Healthy, Flavorful Buddhist Recipes Cookbook From Nepal , Tibet , Bhutan , Myanmar, Laos , Cambodia. ... Consciously (Buddha's Belly Series 2)**





## Synopsis

Have you ever wondered “What do monks eat?” or “Was Buddha a vegetarian?” Are you attempting to infuse more spirituality into your life? Are you looking for a way to make food consumption more about feeding your soul? If so, then the Buddha’s Belly series is for you. This second book continues on the path to a more transcendent approach to eating. By providing both wonderful recipes and the history of spiritual food, this newest edition promotes holistic eating as well. Most people have heard the phrase “you are what you eat”, meaning what you put in your stomach is important, aside from whatever religious persuasion you follow. This is one of the reasons mindful eating has become an important trend. Using your gut instinct may depend on the shape your gut is in. Both cookbooks are guides to eating as Buddhists do, showing the reasons and the way to explore the connection between food and spirituality. If you’ve already tried the first volume, what you will gain with this second one is more recipes and more regional takes on the cuisine. Like its predecessor, Buddha’s Belly Book 2 presents colorful, appetizing pictures of “monk food” that will tempt you to try the monk diet yourself. The six newly-included countries of Nepal, Bhutan, Cambodia, Myanmar, Laos and Tibet offer more Buddhist dishes. This is much more than your standard cookbook. Before each country’s section, there is a history of the region’s traditions - spiritual food for thought - which is then followed by a segment on the origins of the flavors to be found there. Though each is about a page in length, the information contained there adds potency to pursuing a more thoughtful approach to preparing and eating on a daily basis. So you get the bonus of learning about: The Birthplace of Buddha The Land of Pagodas The Roof of the World A Cultural Cradle in the Himalayas Descendants of Sticky Rice A Historical Kingdom The author, Sally Primrose, includes a thoughtful introduction, which again addresses the thrust of both her Buddha Belly books “that sometimes the effort to feed your soul involves something as simple as what you put into your body. The 31 recipes presented here vary greatly. Here is a small sampling of titles: Dalai Lama’s Momos Chili Cheese Stew Green Papaya Salad Vegetarian Pancakes Yellow Split Pea Fritters Potato with Bamboo Shoots Although book one “Recipes for the Enlightened Mind” was strictly vegetarian, book two does include some preparation instructions that involve chicken or seafood for authenticity. However, on any such dish, those ingredients can just be skipped to provide a vegetarian meal. When you are choosing food for spirituality, the choice of how to achieve that remains yours. Buddhist cuisine is built equally on the ingredients and its mindful preparation. You’ll find lots of useful information on the philosophy’s food beliefs so that if your desire is to achieve a truly Buddhist way of eating, you’ll have both guidance and a number of new appealing recipes from which to choose. Give

yourself this book and give yourself a boost! Still not sure, then please click on the Look Inside feature to view the first 10% of this fabulous Buddhist cookbook, and a taste of how to prepare food for spirituality! Scroll back up to download your copy today by clicking the Buy now button at the top right of this page!

## Book Information

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## Customer Reviews

ÂœBuddhaÂ™s Belly: Authentic flavors from the EastÂ• is the second recipe book (itÂ™s a series!) by Sally Primrose. The recipes in this book span Nepal, Tibet, Bhutan, Myanmar, Laos and Cambodia. One of the things that pleases me about this second recipe book is that it embraces Buddhist philosophy more. And I loved the additional information provided with the recipes. It made me feel as though I was chatting with an old friend as I sifted through the different recipes. Of note: Some of the recipes in this book include an animal protein but really, itÂ™s up to you whether you want to include. For omnivores, the majority of recipes can be made with or without an animal protein. Once again, the recipes are tasty and none of them are over the top requiring superior cooking skills. In fact, I donÂ™t think there were any ingredients that were difficult to

obtain (note, if you're ever looking for fenugreek (powder/seeds), the cheapest source I've found was your local Middle Eastern market). For those who do have trouble with hot/spicy foods, you can definitely substitute hot peppers for poblanos or Anaheim (my favorite) and those can be found at most any ethnic market and in many mainstream grocery stores. For the majority of the veggies/greens that you may have never heard of, Asian grocery stores will carry them. If you happen to be unlucky enough not to live near any of these yummy markets, an internet search should help you turn up alternatives to any of the ingredients that are unavailable in your area.

I enjoyed Buddha's Belly Book 1 and was excited to learn that Book 2 had been released. This book is broken into 6 different chapters, each focusing on a specific Eastern country: Nepal, Tibet, Bhutan, Myanmar, Laos, and Cambodia. Included within each chapter is the history of Buddhism in that country, information on the culture's diet and commonly used ingredients, and, of course, plenty of mouthwatering recipes. The recipes contain easy to find ingredients and clear instructions, as well as options and substitutions. Some include chicken or fish, but can easily be adapted to exclude them if following a vegetarian diet. The book contains a great mix of recipes with varying degrees of difficulty/preparation times. Some are great for busy weeknights, while others require a bit more time, perfect for the weekend. Overall, I'm very pleased with this purchase and can't wait to dive into the recipes and get cooking!

I loved this sequel to the original Buddha's Belly because along with the recipes I received an education on the countries the recipes originated from and Buddhist principles. I lucked into getting both books at the promotional prices, but would happily pay full price for both. Two friends have received these cookbooks from me as gifts, and raved about them. I'm not a vegetarian, but often try to eat that way for health reasons and the options available in both volumes are amazingly varied. As someone who has just returned from an eight-month trip through SE Asia, many of the dishes are familiar to me and the connection to Buddhism, after all my temple visits, is really enjoyable to me. Be sure to read the introduction by the author Sally Primrose, which outlines her take on this series. It is viewable in the Look Inside feature and really explains why she put these two books together. Five stars and two thumbs up from the reader.

This book takes you on a journey through different countries. Some meals surprised me and it's good that the recipes are easy to understand. The book has some tasty pictures

This is an excellent cook book! I recommend getting both the first and second book as they both complement each other quite nicely. I loved reading about the history of the countries and more about Buddhism before getting to the recipes. It only made me more eager to try out these new dishes as soon as I can. I'm vegan so I strongly recommend trying the vegan version of these dishes, but not only because I'm vegan but because the Buddhist philosophy of non-violence. It's easy to convert these recipes to a vegan one too because the animal products aren't a huge part of the dish. If you've tried to find a good cook book that doesn't have recipes that have meat as the main ingredient, then you know that it can be rather tricky. This book, and it's predecessor, are very easy to convert to fully vegan, which I love. I love making dishes that are from around the world. To me, it's so much fun to prepare a meal that came from places like Nepal or Tibet. It's such a unique experience that really opens one's eyes and taste buds. I can't wait to gather some ingredients to give more than a few of these recipes a try.

Yet another amazing compilation of Asian recipes -as a vegan I would suggest everyone tries the vegan version of the non-vegan ones, as it always expresses the real Buddhist concept of Ahimsa or non-violence. After all, there can be no Ahimsa while there's meat or products of animal suffering in our plates or tummies...The recipes are classified by country of origin, so one can have a culinary trip through the whole Buddhist world, or have a mix of all of them, while enjoying different combinations and flavours in the comfort of your own home. It's also interesting to read about the general characteristics of the cuisine of each country, before starting with the recipes. I still haven't tried any of the recipes but I will get inspired on many of them for my next cooking experiments... it's always great to have new input! :-)

This book 2 includes the recipes from Nepal, Tibet, Bhutan, Myanmar, Laos & Cambodia. I would say you can get most of the ingredients from regular groceries stores. So far, I have tried "Mixed Vegetable Curry" from Nepal recipe & "Bhutanese Vegetable Curry". They are easy to make and tasty. If you like fritter, you will definitely want to try the interesting recipe "Yellow Split Pea Fritters" and I am pretty sure it is going to be delicious also. I received this product in exchange for my honest review. This will not affect my review.

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