

The Monastery Garden Cookbook: Farm-Fresh Recipes for the Home Cook

Victor-Antoine d'Avila-Latourrette



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Brother Victor offers more simple and elegant vegetable recipes.

Keeping simple, homegrown elegance at the center of his culinary approach, Brother Victor has delighted the world's palate and its soul through the success of his books *From a Monastery Kitchen* and *Twelve Months of Monastery Soups*. On the heels of 2010's *The Pure Joy of Monastery Cooking*, his first fully illustrated cookbook, Brother Victor revives one of his classics, *Fresh from a Monastery Garden*, originally published in 1998.

These 200 vegetable recipes come direct from his kitchen at Our Lady of the Resurrection Monastery to yours. They rely on the vibrancy of flavors and aromas and stay true to Brother Victor's belief in being kind to the Earth. If you've never tried Brother Victor's clean, healthy approach to cooking, it's high time you did.

Dishes borrow the richness of his southern French culinary tradition, with recipes like Fennel Ratatouille, Asparagus Risotto, and Alsatian Tomato Salad. You'll also find techniques for canning and preserving fruits, vegetables, such treasures as Apple–Sweet Potato Chutney and Corn Relish.

The Monastery Garden Cookbook celebrates vegetables, offering a lifetime of deliciously healthy eating. Formerly published under the title *Fresh from a Monastery Garden*. Two-color interior throughout

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