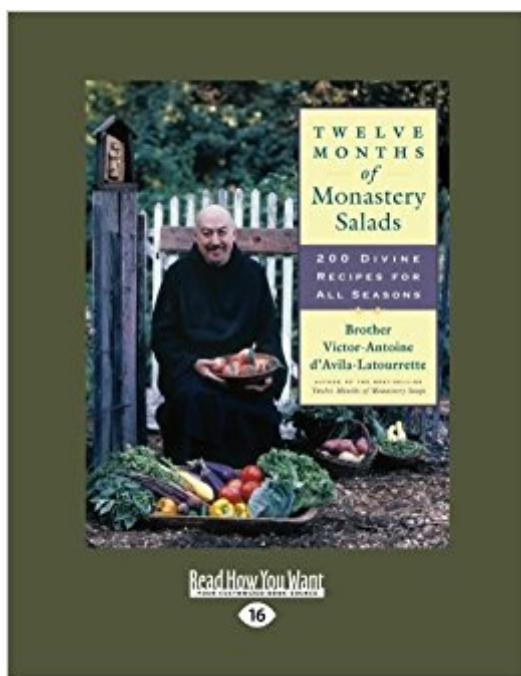


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# Twelve Months Of Monastery Salads: 200 Divine Recipes For All Seasons



## Synopsis

Salads are healthy, convenient, versatile, and more popular than ever due to the year-round availability of high quality salad ingredients. According to a recent survey, 95% of Americans eat salad at least three times per week. In *Twelve Months of Monastery Salads*, best-selling author Brother Victor celebrates creative, nourishing salads - a cuisine in harmony with traditional monastic cooking. Monastic cooking centers on simple, fresh, wholesome ingredients, and monks rely a great deal on the seasonal harvest of their gardens. This engaging collection of more than 200 delicious, satisfying salads is organized according to the bounty of the seasons from the first spring harvest (Salmon and Cucumber Salad) to the heartier fare of the winter months (Venetian Gorgonzola Salad). In each season there are salads that honor saints, such as St. Michael's Salad, which pairs delicious ripe tomatoes with onions, olives, fresh basil, and mozzarella. There are also salads from countries across the globe, including German Potato Salad, South American Bean Salad, and Indian Curried Lentil Salad. As Brother Victor states in the book's introduction, "A salad, carefully prepared, is always an occasion for celebration."

## Book Information

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## Customer Reviews

A Benedictine monk and nine-time author follows up his *Twelve Months of Monastery Soups* with a similar ode, this time to the healthful, palate-pleasing salad. D'Avila-Latourrette, resident monk at Our Lady of the Resurrection Monastery, near Millbrook, N.Y., has collected hundreds of eclectic salad recipes from around the world. Arranged by the month, each of these mostly vegetarian salads (some contain egg, cheese or fish) call for the fruits, grains and vegetables appropriate to the

season. Salads range from classics such as Caesar Salad and German Potato Salad to rustic Dutch-Style Egg and Cheese Salad, on to more exotic fare, such as Capered Deviled Eggs with Beets and Remoulade Sauce. The recipes are user-friendly and contain helpful suggestions on how and when to serve each dish, as d'Avila-Latourrette tells readers whether a salad is appropriate for a celebration or an outdoor picnic, if it should be served chilled or at room temperature and if it should be eaten before the entrée or as a palate cleanser before dessert. Each page contains an appropriate and entertaining proverb or brief quote about eating, cooking or the spiritual life. A section on "Salad Basics" and another on "Salad Oils, Vinegars, and Dressings" frame the recipes at the beginning and end of the book, respectively. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

A fresh look at a dish that constantly refreshes. -- San Antonio Express-NewsD'Avila-Latourrette proves . . . there are endless possibilities even when snow covers the ground. . . . This book goes beyond the standard greens-and-dressings mixes. -- LA Times-Washington Post ServiceD&#x92;Avila-Latourrette proves . . . there are endless possibilities even when snow covers the ground . . . this book goes beyond the standard greens-and-dressings mixes. -- LA Times-Washington Post ServiceThe combination of simplicity, wholesomeness and tasty variety makes this collection a useful cookbook [and] a good read. -- Knight Ridder Newspapers --This text refers to an out of print or unavailable edition of this title.

Not sure what else I could add to what others have said, so here goes my review...My husband and I are older and looking to eat simple and fresher. This book along with his other one for soups has been tasty and fun. One of us makes salad, the other soup, we include a variety of artisan breads, good wine. We enjoy meal time more than ever now and feel better. After we make and eat most of these it will be on to the next food adventure. Cheers ;)

I had this book for years before I finally made a New Year's resolution to eat my way through it. Seven months into it, I am so glad I did. I am really enjoying the salads. The recipes are arranged by month using seasonally available produce. It's inexpensive, healthy food with easy preparation. Most of the recipes have few ingredients, yet there is a lot of variety. Some of the combinations are surprising. Best of all, the dressings are simple and made from scratch. So far every recipe I've tried has been good, and I have the satisfying feeling that I'm taking care of myself by eating well. For me

this book is a great success story, so much so that I bought the Kindle copy too so I can refer to it in the supermarket or make a contribution to meals when staying with friends. I also bought a copy of the book as a gift, and it's now sitting unused on the recipient's bookshelf. Ah well. If you need inspiration to make and eat more salads, buy this book, overcome any remaining salad resistance, and actually use it!

Love both of the books in this series, the salads are simple, with easy instructions. I also recommend the 12 months of Monastery Soups. Complete the set!

As a perpetual dieter I need to eat vegetables, a lot. I'd become very sick of salad and making them when I came across this book in my library. My entire family loved the couple of recipes I tried, and I was happy because everything tasted very good, so I bought the book. There is a great variety of salad types from potato and pasta to leafy and everything in between. The book is organized by season but don't be afraid to explore outside the current season, since different regions have different growing seasons, and grocery stores often (not always) have good produce out of season.

I look forward to trying the recipes especially during Lent and Advent.

I love salads but get a little bored with them. This is an amazing cook book because the salad recipes are unique and delicious. This book reflects the love of gardening of Brother Victor-Antoine. Recipes are divided into seasons so that you can cull from your own garden or easily find the ingredients you'll need at the right time of the year. You'll love Brother Victor and his ingenuous receipts. It's great getting cooking advice from a monk!

200 EASY, varied, tasty recipes with few ingredients and simple dressings. Arranged by month and availability of produce grown in monastery, this book is a gem and invites you to experiment with unusual pairings. Recipes from many other countries are included as well as the chef's own creations. For anyone trying to include more vegetables (and less meat) in your diet for health and weight reasons, this is the book for you. You can still go to the Greens or Chez Panisse cookbooks for other unique (and time-consuming) salads, but for daily use this is the best I've found in decades of being a total foodie who loves to cook and entertain.

Thank you very much!

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