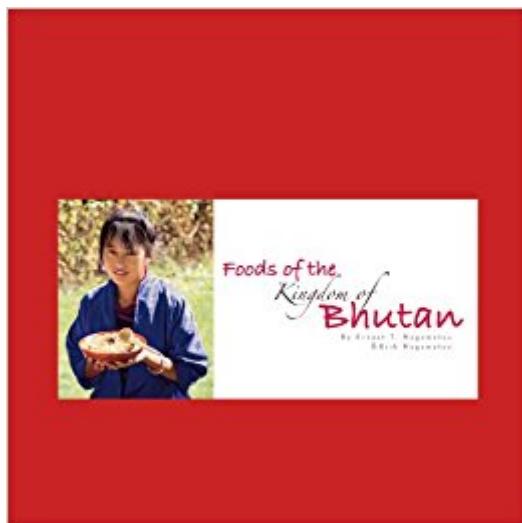


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# Foods Of The Kingdom Of Bhutan



## **Synopsis**

This book provides a rare glimpse into the cuisine and culture of Bhutan, a kingdom nestled in the high Himalayas and steeped in a rich heritage and deep spirituality. Readers can experience a culinary journey through each page showcasing a collection of traditional Bhutanese foods and recipes. Soothing churu jaju, toasted zaw, and sweet desi are just some featured foods one can find along with scenes of Bhutanese people and landscapes. Winner of the 2010 Gourmand World Cookbook Award for "Best Asian Cuisine Book in the World." All proceeds benefit the Tarayana Foundation and Bhutan Foundation. Printed in Bhutan.

## **Book Information**

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## **Customer Reviews**

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As I opened my copy of "Foods Of The Kingdom Of Bhutan" from , I found myself expecting to be pleased - for I've enjoyed earlier items Ernest Nagamatsu has written. Nothing would have prepared me, though, for the surprises this cookbook holds for one and all. Ernest and his son Erik have written a cookbook that "raises the bar" to previously unprecedeted heights. There is nothing I can

tell you that will adequately prepare you for the pleasures that await. Not only in its culinary aspects - but also in its photography and its introduction to the country and people of Bhutan. Suffice to say that you will readily understand why it received the "Best Asian Cookbook" award at the 2011 World Cookbook Award ceremonies in Paris - sponsored by Gourmand magazine. It is a "charity" cookbook - Bhutan's first cookbook, ever! - with all proceeds being shared by the Tarayana and Bhutan Foundations. The Tarayana Foundation addresses the needs of disadvantaged communities in this democratic country of 700,000 within the Himalayan mountain range. The Bhutan Foundation is the only U.S. foundation working to benefit Bhutan and its people - and to promote a better understanding between the two countries, and beyond. Many of us, no doubt, have a memory of our, or Mom's, favorite charity cookbook. In my case, I recall my Grandma, my aunt Hilda, and their friends working in a church basement to mimeograph a cookbook. They sold them from a card table at a local grocery store - to raise funds to buy War Bonds. Several brought their "blue star" flags from their front windows, and draped them over the table's edge. A "gold star" flag was front and center. No doubt it was the first time these recipes had appeared in print - for they had likely arrived at Ellis Island imbedded in various memories. Each recipe was headed by such as - "Ken's Favorite Hot Dish - Cpl. Kenneth A. Anderson - U.S. Army - Missing In Action" Today's cookbooks bear little resemblance to the mimeographed cookbooks of my childhood. The Messrs. Nagamatsu, however, have written the only cookbook I've seen in the ensuing 65+ years that emits the same love and emotion. Time to quit writing - and start 'cookin.'

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