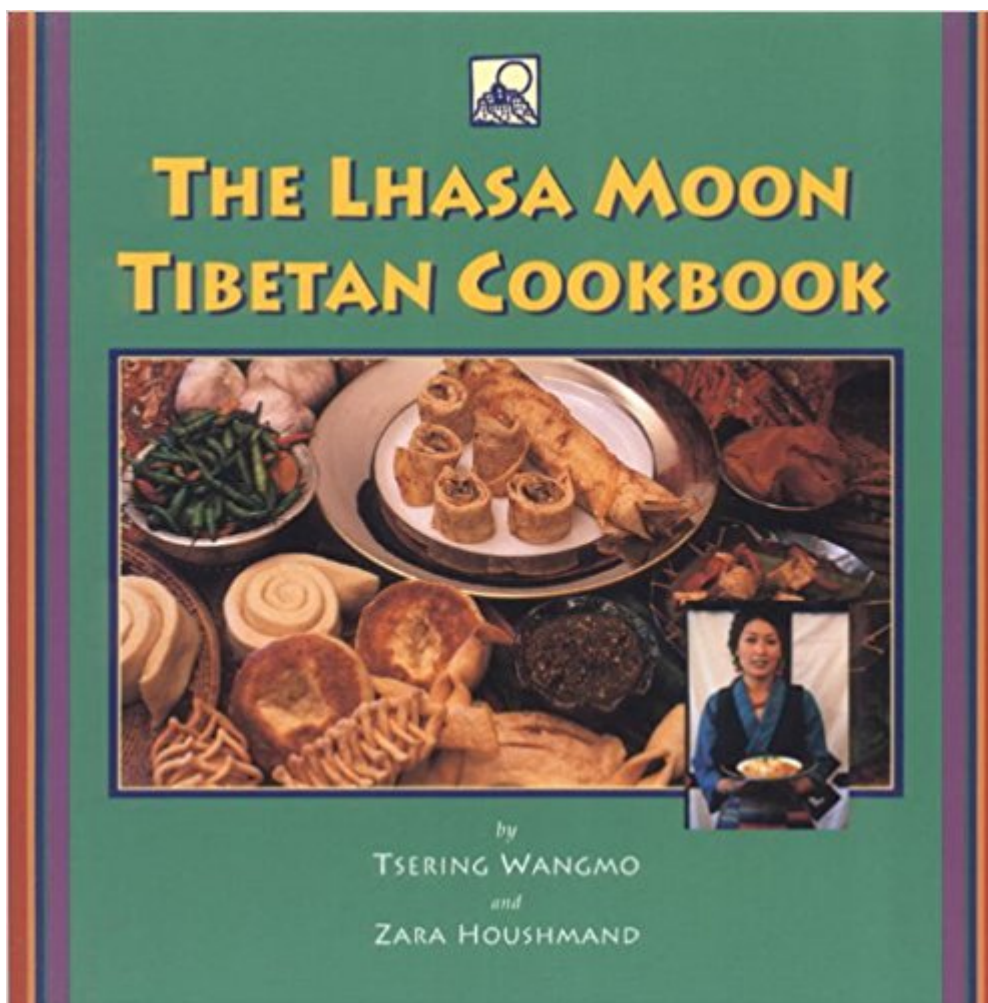


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# The Lhasa Moon Tibetan Cookbook



## Synopsis

Located on Lombard Street in San Francisco's Marina District, Lhasa Moon is one of the finest Tibetan restaurants in the West. A unique mix of Asian influences and Tibetan regional ones, its cuisine delights vegetarians and meat lovers alike. This cookbook of the restaurant's most popular dishes includes recipes for soups, snacks and appetizers, the famous Tibetan momos, popular noodle dishes, tsampa and breads, sweets, and beverages. It also provides an excellent overview of the foods grown in Tibet with their special climate and regional variations; foreign influences; daily meals; the types of household kitchens; food served in monasteries; and food for Tibetan celebrations. A section on special ingredients and substitutions is also included.

## Book Information

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## Customer Reviews

It's probably safe to say that few libraries or cooks have a Tibetan cookbook on their shelves. Lhasa Moon is a Tibetan restaurant in San Francisco, and Wangmo, its owner, and writer Houshmand have put together a collection of 80 recipes that will serve as an introduction to Tibetan food for most readers. Chiles (lots of them), garlic, ginger, Szechuan peppercorns, and cilantro are favorite flavorings. Wangmo has modified some dishes for American tastes, created more vegetarian dishes than one typically finds in Tibetan cooking, and adapted recipes as necessary to Western ingredients. However, sidebars are careful to describe the authentic versions, and chapter introductions and photographs and line drawings throughout provide more context. For specialized international cookery collections and larger libraries. Copyright 1999 Reed Business Information, Inc.

"One of San Francisco's top 100 restaurants!" •San Francisco Chronicle "I was delighted by the range and depth of the cuisine in Tsering's cookbook and after cooking some of the food I can certainly see why her restaurant in San Francisco is so popular." •The Austin Chronicle "The best general introduction to Tibetan cooking available to home cooks. . . . The dinners are quite ecstatic." •The Asian Foodbookery

Got this as a gift and my mother loves it!

decent cookbook.

Full of good recipies and info

Great recipes, very authentic.

An excellent introduction to cooking in the Tibetan style. Ms. Wangmo's instructions are clear and the food is delicious!Tami Swartz - Foodie

The Lhasa Moon cookbook comes from a restaurateur who turned traditional techniques and dishes into popular meals in San Francisco. For the home-cook the collection is an interesting offering. Your current experience and tastes will determine if the recipes inspire or leave you wishing for more. The introduction and cultural education information highlights the interesting aspects of the book. The author brings you into the practices and influences that created the basis for the recipes. I learned a number of things--the information is engaging and well-written. Layout and style in the book represent an older tradition. As a result line drawings make up most of the graphics. Each page basically represents one recipe, but the style is dual columns on each page. Many cooks will find the newer style easier to follow. The flavors are also an interesting split in this book. For those just beginning their journey on exploring the tastes of Asian cooking styles, the recipes can open a door on new techniques and combinations. Offering a variety of fillings for classic Momos or dumplings, The Lhaso Moon Tibetan Cookbook is a great opportunity to explore recognized techniques and those that go some beyond this arena. Individuals with a solid base in the spices and tastes bridging Indian and Chinese cooking would be well-served to choose a book with fewer adjustments for a basic, Western palate. You can have a lot of fun with this cookbook--I know we

did. Thanks to so many interesting cookbooks, a bunch of my friends got together to help me test out some interesting flavors. My philosophy of food is Cook! Eat! Laugh! With your friends, family and more...that's just what we did. My tester's top pick was "Roasted Eggplant Soup." Out of at least ten people who tasted the soup, all of them voted for making it again. Always a good report. Other recipes failed to be as interesting or effective. Your current experience with the flavors in this book may determine if you find jewels or fool's gold between the pages.

To an armchair traveler like me, reading this cookbook was a very special way of learning about Tibet and its people. And even though I'm not planning or recreating the dishes, I can almost taste them in my mind by reading this book. The authors, Tsering Wangmo and Zara Houshmand not only bring recipes from The Lhasa Mood Tibetan restaurant in San Francisco on to the printed page. They also give the reader a feeling of the role that food plays in the way of life of the Tibetan people. For example, in the Tibetan diet, butter is much more than food. It is accepted as currency for trade or taxes, burned for light in butter lamps, smeared on the face as an ointment for protection against wind and cold, and consumed medicinally. And the salted and buttered tea, known as Poecha, is consumed in large amounts as people sip it all day to keep warm and avoid dehydration in the high altitude. Another interesting insight about Tibetan food is appreciation for the Buddhist belief that all lives are equal, so larger animals are preferred as food. In his writings, His Holiness the Dalai Lama has expressed his utter dismay at the loss of lives in a whole plateful of shrimp making a meal for a single person. I'm lucky to have several Tibetan restaurants to enjoy in New York City, but if I ever get to San Francisco I would definitely check out the Lhasa Moon.

Tsering Wangmo has written down recipes that are both simple to follow and delightful to create and enjoy. These are very traditional types of recipes from Tibet that I would venture to say would be difficult to find in any other cookbook. She includes interesting trivia and ways of life of the Tibetan people. Even if I wasn't that interested in the food, the knowledge I gained about the customs, likes and dislikes, and attitude of the Tibetan people was well worth the price of the book. The Paley (flat bread) is quite good and goes well with any dish that requires a side bread to dip with...I like it with chili. The Chicken Curry is cooked with tomatoes and is exceptional! The Stuffed Dumplings (Momo) are addictive and the Tukpa broth (meat broth Tibetan-style) brings a whole new taste to soup! I was delighted to find recipes for such things as Butter Tea, Tsampa (parched barley flour), Dried Cheese and even Chang (barley beer). This book is a jewel!

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