



# **Fresh from a Monastery Garden: An A-Z Collection of Delectable Vegetable Recipes**

*Victor D'Avila-Latourrette*

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Through the great success of **From a Monastery Kitchen** and **Twelve Months of Monastery Soups**, Brother Victor-Antoine d'Avila-Latourrette delighted the world's palette and soul with his own simple and natural recipes.

Now this famous chef turns to the richness of his monastery's garden for inspiration. **Fresh from a Monastery Garden** contains over two hundred vegetable recipes--appropriate for either casual or formal events, full meals or side dishes, vegetarians and nonvegetarians--that can be adapted to even the busiest of schedules.

Combining the richness of Brother Victor-Antoine's own southern French background with the abundance of an American vegetable garden, these recipes are easily reproduced by any home cook. Fennel Ratatouille, Asparagus Risotto, St. Paschal's Barley Soup, Alsatian Tomato Salad, and Zucchini à la Monegasque are just a few of the savory possibilities readers will enjoy making and sharing with friends and family.

And because nothing beats being able to taste the flavors of a garden year-round, Brother Victor-Antoine has also included his secret techniques and recipes for preserving and canning fruits, vegetables, sauces, and chutneys, such as Tuscan Tomato Sauce, Apple-Sweet Potato Chutney, Salty Cucumber Pickles, Corn Relish, and Monastery Salsa.

**Fresh from a Monastery Garden** is the one cookbook that can forever absolve readers of soggy or flavorless vegetables, ensuring a lifetime of vibrant, zestful, and healthy eating.

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