



## Return to the Rivers

By Vikas Khanna

Wisdom Tree, New Delhi, India. Hardcover. Book Condition: New. Dust Jacket Condition: New. Encouraged by a chance meeting with His Holiness the Dalai Lama, Vikas Khanna embarked on a series of journeys through the river valleys of the Himalayas and into the heart of Himalayan cooking. RETURN TO THE RIVERS is an incredible collection of recipes, photos, and memories, a means to preserve and share the sacred foodways, values, and simple gifts of friendship that the Himalayan people bestowed upon Khanna. Exploring the regions the great Himalayas touch upon Bhutan, Nepal, Tibet, and northern India Khanna was met with immeasurable kindness and hospitality. Mothers, grandmothers, and strangers soon became friends and shared beautifully simple and appealing recipes such as Spinach and Cheese Momos, Fried Ginger Eggplant, Chile-Scallion Buckwheat Noodles, Nepalese Black Lentils and Rice, Pressed Rice with Yogurt and Almonds, and Tibetan Spicy Chicken Meatballs. RETURN TO THE RIVERS is at once a cookbook, travelogue, and tribute to an extraordinary way of life. Printed Pages: 444.



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