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# From a Monastery Kitchen: The Classic Natural Foods Cookbook

*Brother Victor-Antoine D'Avila-Latourrette*

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# From a Monastery Kitchen: The Classic Natural Foods Cookbook

*Brother Victor-Antoine D'Avila-Latourrette*

**From a Monastery Kitchen: The Classic Natural Foods Cookbook** Brother Victor-Antoine D'Avila-Latourrette

Monastic cookery, as it has been practiced through the centuries, is cherished for its emphasis on simplicity, wholesome frugality, basic good taste, and the seasonal rhythms of ingredients used. Healthy eaters, practical cooks, cookbook collectors, and recipe readers will treasure this edition of this classic cookbook containing more than 125 recipes, arranged seasonally.This best-selling cookbook from renowned author Brother Victor-Antoine is now available in paperback at a popular price. Healthy eaters, practical cooks, cookbook collectors, and recipe readers will treasure this edition of this classic cookbook containing more than 125 recipes, arranged seasonally.

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