



# Tibetan Cooking: Recipes for Daily Living, Celebration, and Ceremony

*Elizabeth Esther Kelly*

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# Tibetan Cooking: Recipes for Daily Living, Celebration, and Ceremony

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**Tibetan Cooking: Recipes for Daily Living, Celebration, and Ceremony** Elizabeth Esther Kelly

A wonderful Tibetan cookbook by an author who was a cook at a Tibetan monastery. Recipes are supplemented with a wealth of information on Tibetan customs and holiday celebrations.

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