



Sundays at Moosewood Restaurant: Ethnic and Regional Recipes from the Cooks at the

Moosewood Collective

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Since its opening in 1973, Moosewood Restaurant in Ithaca, New York, has been synonymous with creative cuisine with a healthful, vegetarian emphasis.

Each Sunday at Moosewood Restaurant, diners experience a new ethnic or regional cuisine, sometimes exotic, sometimes familiar. From the highlands and grasslands of Africa to the lush forests of Eastern Europe, from the sun-drenched hills of Provence to the mountains of South America, the inventive cooks have drawn inspiration for these delicious adaptations of traditional recipes.

Including a section on cross-cultural menu planning as well as an extensive guide to ingredients, techniques, and equipment, *Sundays at Moosewood Restaurant* offers a taste for every palate.

Moosewood Restaurant is run by a group of 18 people who rotate through the jobs necessary to make a restaurant work. They plan menus, set long-term goals, and wash pots.

Moosewood Restaurant contributes 1 percent of its profits from the sale of this book to the Eritrean Relief Fund, which provides food and humanitarian assistance to the Eritrean people.

Moosewood Restaurant supports 1% For Peace, an organization working to persuade the government to redirect 1 percent of the Defense Department budget towards programs that create and maintain peace in positive ways.

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