



## Recipes

*"Sharing Our Food for the Heart, Mind, and Body."*

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## Recipes From The Heart

The Cookbook of

**Phuntsok Dechen Ling**

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All ingredients are "Organic". Organic Ingredients are well worth the extra dollars because the flavor exceeds the effort and the cost. The flavor is remembered long after the price is forgotten! Organic herbs are becoming more popular and more available - they are worth the search and once you find them you can slowly replace your herb cupboard with them.

Look for Organic Sea Salt that is without a flowing agents listed on the package ingredients

### Yummy Spice Honey Butter

"Think Outside the Box" and bring a holiday treat to a regular day. This savory recipe is easy to make, gentle but rich in flavor, unlimited in its uses and will comfort you as well as relax the soul. It is truly a nectar and honey recipe that brings an unspoken elegance to a meal, appetizer, or snack. The palate will sing with the combination of these Organic Spices steeped in the Butter!!!!

**Preparation time:** 5 Minutes

**Serves:** 4

**Ingredients:**

1 Stick Unsalted Butter

1/4 Cup Honey

1/4 Teaspoon Ground Cinnamon

1/4 Teaspoon Allspice

1/8 Teaspoon Ground Nutmeg

Pinch of Salt to taste.

**Steps:** In food processor bowl with steel blade or regular mixer with whipping attachment.

**Combine:** All ingredients. Whip Until Fluffy

**Hints:** I use unsalted butter because I have yet to find an organic butter that has organic sea salt without flowing agents. Add Organic Sea Salt to taste. The spices can readily be adjusted too. For a milder flavor halve the spice amounts in the recipe or even go to pinches as this recipe is like a good wine - the flavor increasing as it sits, especially in the freezer. Remember to observe the expiration dates and keep the butter refrigerated like you would all butter.

Do not overlook the quality and kind of honey you use. Reduce honey if using an especially pungent honey or you find that the recipe is too rich. Some organic honey is straight from heaven and a little speaks mountains in flavor and sweetness. Refined or processed honey will DEFINITELY not give the same results.

- Can be used right away.
- Fullest flavor when served room temperature.
- Store in refrigerator for a day to let the spices and butter mature together for an even more advanced flavor
- Please let me know if you develop some variations with different spices.

#### **Serving Suggestions:**

- In a small fancy glass bowl. We have some small Japanese tea bag bowls that work well.
- Dollop of butter on individual bread plates and butter spreaders at each place setting..
- Freeze in small amounts in butter molds or drop by teaspoon/tablespoon onto cookie sheets, or container portions that will fit nicely into a butter dish.

#### **Uses:**

Exotic spread for breads, biscuits and muffins, pancakes, waffles, h'ordourves, crackers, hot cereals such as oatmeal, rice, farina's, spread on French toast, fried or baked sweet potatoes, squash, topper for hot teas and some coffees - try it and see how many places this Yummy Spice Honey Butter can be used to make a dish special. Adjust the amounts of each spice in the recipe according to you and your family/friends taste or usage and watch how it takes on a new flavor.

*"The heart opens as we savor the beautiful interior flavor which is the Chi of the ingredients from so close to the Earth. The Earth nourishes us so we may nourish the Earth. Let us be like those pure ingredients and nourish one another boundlessly, endlessly and freely.*

*This is the essence of Compassion."*



## Herby Pasta Salad

**Preparation time:** 30 Minutes

**Serves:** 4 as a meal, 6 - 8 as a small side salad

### Ingredients:

3 Cups Cooked Pasta Shells - Small Multi-Coloured

1/3 Cup Radishes - Sliced Thinly

2 1/4 Carrots - Sliced Thin

2 3/4 Tablespoons Green Onion - Chopped

Vinegar

Weed

2 Ozs. Pepperoni - Sliced

1/4 Teaspoon Pepper

1/4 Teaspoon Garlic

1 Teaspoon Basil

1 Tablespoon Tarragon

1/4 Teaspoon Dried Dill

1/4 Cup Vegetable Oil

**Steps:** In Blender or a Food Processor:

**Combine:** Oil, Vinegar, Basil, Garlic, Pepper and Dill Weed to make the Dressing.

Put remainder of ingredients in a bowl and toss. Pour dressing over salad and toss once more.

**Hints:** Any meat you want may be substituted for the pepperoni. The dressing itself is superb. You may want to make large batches and store in the refrigerator to use over your other salads. The flavor of the dressing will enhance with age.

**Serving Suggestions:** This salad with pepperoni/meat can be a meal in itself. Very good with homemade bread or biscuits. Lemon Ice Tea in the Summer. Can be served with a larger meal as a small side salad.

## Our Rosemary and Thyme Garden Soup

**Preparation Time:** 45 Minutes plus "Simmer" time.

**Serves:** 8-10 good servings!

### Ingredients:

2 lbs. Lean Beef or Stew	2 1/3 Cups Green Beans
2 Quarts Filtered Water	1/2 Cup Tomato Paste
2 3/4 Cups Carrots - Dice or Sliced	2 Teaspoons Parsley
2 Medium to Large Onions	2 Teaspoons Basil
4 Celery Stalks with Tops - Cut or Diced	2 Teaspoons Marjoram
3 Cups Potatoes - Cut or Diced	1/2 Teaspoon Rosemary
2 1/4 Cups Turnips - Diced or Sliced	1/2 Teaspoons Thyme
2 Cups Chopped Cabbage	

**Steps:** Place filtered water in a large Dutch Oven and bring to boil. Gather and cut up all ingredients while water is heating.

**Combine:** Add meat to boiling water, bring back to a boil, then reduce to simmer until meat is tender. May need to add more filtered water as broth boils down.

**Add:** Remaining vegetables and herbs/spices. Simmer until vegetables are tender to your liking. Serve Hot.

**Hints:** Vary the look of the soup by leaving the vegetables in a more natural state such as julienne the carrots, or use baby carrots, small whole potatoes yellow or new reds. Consider cooking the meat in several large chunks then "pulling" it to give a different appearance. Float the soup with a curled green sliver of onion tops or an in-season edible flower.

**Serving Suggestions:** I have served this soup as a formal main course dinner along with homemade bread and the Yummy Honey Butter recipe listed above. The place setting was graced with a long stem rose and pristine white napkins in a formal napkin ring. This is a beautiful looking soup that can be placed on top of a formal setting including chargers.

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