

# Recipes from the Roof of the World

A book of recipes from Nepal, Bhutan and Tibet  
collected by

Dr Mike Townend

and illustrated by his photographs of the region. All proceeds  
from the sale of the book and from admission to this event will go  
to help run -

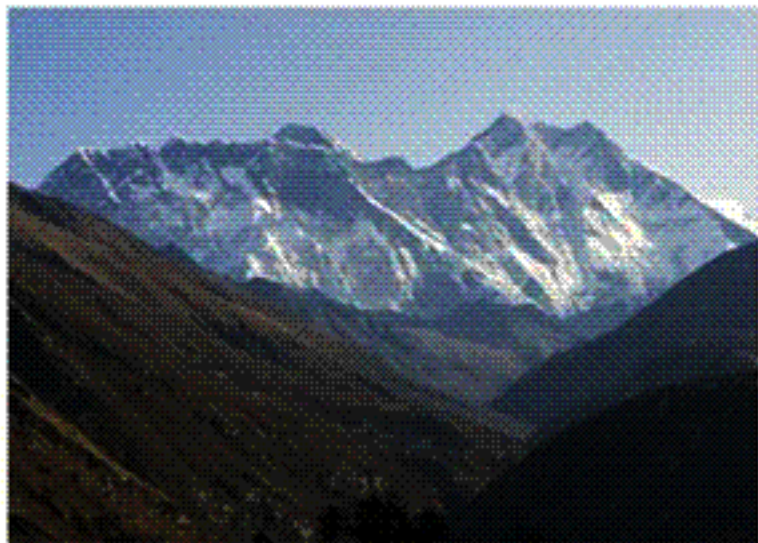
## Braille without Borders

a charity running a school for blind children in Lhasa, Tibet  
( see [www.braillewithoutborders.org](http://www.braillewithoutborders.org) )

In 1997, Sabriye Tenberken defying everyone's advice, and armed only with her rudimentary knowledge of Chinese and Tibetan, set out to do something about the appalling condition of the Tibetan blind, who she learned had been abandoned by society and left to die.

Travelling on horseback throughout the country, she sought them out, devised a Braille alphabet in Tibetan, equipped her charges with canes for the first time, and set up a school for the blind. Her efforts were crowned with such success that hundreds of young blind Tibetans, instilled with a newfound pride and education, have now become self-supporting.

By purchasing a copy of this book you will not only be introduced to the cuisine of these Himalayan nations but you will also be making a valuable contribution to the education and welfare of blind children in Tibet.



Without your help and the help of the Braille without Borders school they would be left to beg in the streets



**Copies available here and from -**

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**The Old Crown Pub, Hesket Newmarket CA7 8JG -  
phone 016974 78288.**

**Fellside Stores, Hesket Newmarket**

The production of this book has been sponsored by Malcolm & Pat Hawksworth of The Old Crown Hesket Newmarket, Design was sponsored by David White (Whitekite Design).