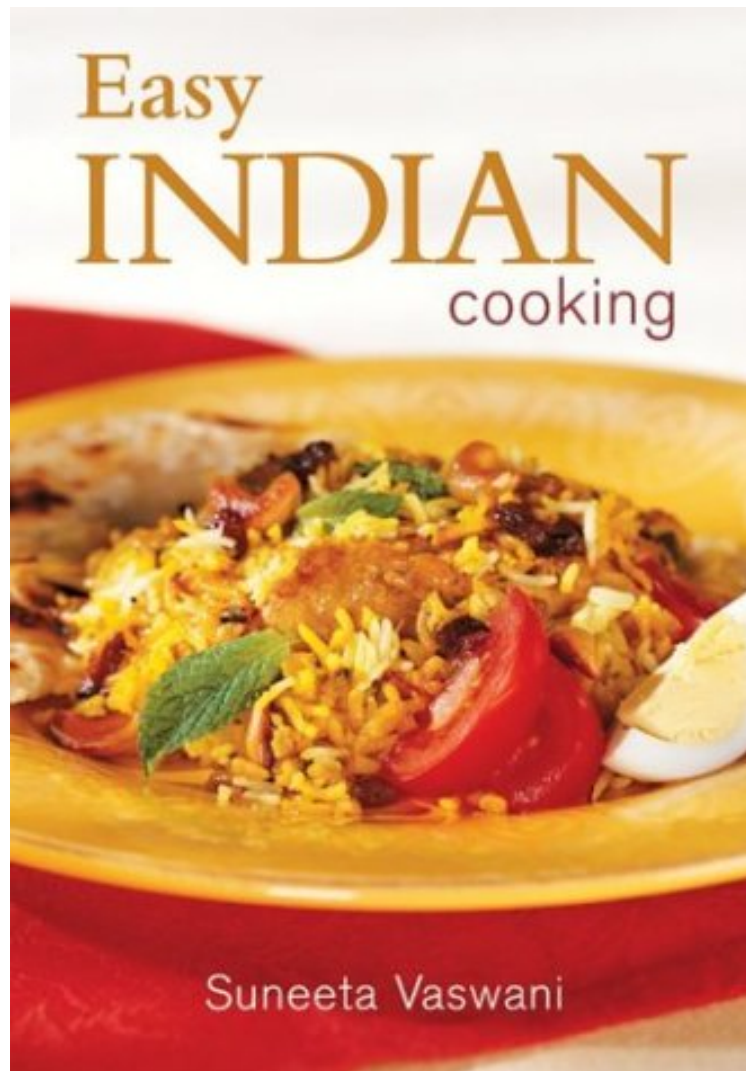


(Mobile book) Easy Indian Cooking

Easy Indian Cooking

Suneeta Vaswani

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Suneeta Vaswani : Easy Indian Cooking before purchasing it in order to gauge whether or not it would be worth my time, and all praised Easy Indian Cooking:

5 of 5 people found the following review helpful. A good intro
By Grace O'Neal
This is my first Indian cookbook. I like this cookbook a lot because, as others have stated, it's very well laid out and has clear instructions. There are also helpful pages on spices, other ingredients, techniques, etc. I like most of the recipes I have made out of it. However, I don't feel like they have ever quite tasted like the Indian food I get in American restaurants - it doesn't seem quite as good to me. Maybe this is because she has made them low-fat, or they are actually more authentic than restaurants, or she has simplified the ingredients (although I still find the recipes time-consuming, like 1-2 hours each). So I'm still on

the lookout for an Indian cookbook that duplicates that (expensive) restaurant experience. 0 of 0 people found the following review helpful. Four Stars By Pamela Carroll My sister and I made the Spicy Sweet and Sour Shrimp from page 120. It was delicious! 50 of 52 people found the following review helpful. Exceptional By Jay P. Francis I love the way the book is laid out, it is designed to make following the recipes fast and easy. There are three columns for each recipe, the left column has the measures listed in English units, the center column lists the ingredients, and the right column has the measures listed in metric units. The cooking instructions are excellent. The headnotes consist of information on the dish and tips for the dish. This is a cookbook by a teacher who knows how to put a recipe together. Here's the beauty of the book, by way of example. How many times have you seen a cookbook recipe that calls for, say, "1 onion chopped"? What size onion would that be, exactly? Here in Texas an onion can be pretty big. In Europe, they aren't as big. What Suneeta has done is demystify the list of ingredients by using measures of cups, teaspoons, and tablespoons, or, metric weights. This is awesome! It makes the recipes foolproof. And it gives you a baseline for later changing the recipe up to suit personal tastes. I own 5 Indian cookbooks, and I have read quite a few more. But this is the one that I default to. I would recommend starting with the following: Chicken in Cashew Saffron Gravy North Indian Lamb Curry on Bread Whole Baked Masala Cauliflower Bell Peppers with Roasted Chickpea Flour Dhokla (a fast and easy recipe using cream of wheat that produces beautiful results) Split Yellow Peas with Tamarind Chutney Gena's Kababs (flavored with green onions, ginger, cilantro, crisp fried onions)

Savory Indian recipes. Indian cooking is exhilarating and exotic -- and now it's easier than ever. Although Indian dishes are richly flavored, they need not be complicated to create in an American kitchen. Easy Indian Cooking features 125 recipes that are easy for beginners and appeal to experienced home cooks. The authentic flavor of these easy-to-prepare recipes will delight and amaze. Vaswani's repertoire of exciting and inspired recipes ranges from classic recipes from North and South India to favorites from her family and friends. Each one is adapted for North American home cooking. Following the recipes in this book, any cook can create delicious dishes such as: Masala Coated Baked Chicken Pork Vindaloo Curried Spinach and Cheese (Saag Panir) Cardamon Scented Lamb Basmati Rice Layered with Fragrant Chicken Tandoori Shrimp In keeping with traditional Indian cooking, Vaswani includes a significant number of vegetarian dishes. She also shares insightful cooking tips and her wealth of Indian cooking techniques. In addition, there are suggestions about where to find ingredients and spices and, if necessary, substitutions. Exploring the wonderful world of Indian cuisine has never been easier. Easy Indian Cooking is the perfect place to start.

[Vaswani's] simple recipes and concise explanations made the cuisine embraceable. I ditched the ready-made pastes and powders: The results were perfumed curries that were tantalizing and nourishing. (Dai Huynh Houston Chronicle 2007-11-14) I enjoy Indian food... but usually, preparing it at home is just too much work. Until I discovered Easy Indian Cooking... couldn't be easier. (Deborah S. Hartz South Florida Sun-Sentinel 2004-07-08) After 26 years demystifying Indian cuisine for Western cooks, Houston-based cooking instructor Suneeta Vaswani has published her first book... aimed at beginners, as well as experienced cooks. (Tina Danze Dallas Morning News 2004-05-26) A nice introduction... The best thing about the book is that the dishes -- at least the ones I tried -- are indeed easy to make. (Marialisa Calta Newspaper Enterprise Association 2004-04-14) Makes Indian cooking manageable... not only simple flavorful recipes but also an informative synopsis of a complicated subject. (Janice Schnideler Houston Chronicle 2004-03-24) Presents more than 130 authentic recipes and demystifies their preparation with concise explanations of the basic cooking techniques. (Trenton Trentonian 2004-03-24) Includes an excellent explanation of spices, spice blends, and herbs including garam masala. (Kathie Smith Toledo The Blade 2004-04-11) Impressively thorough. Vaswani displays a depth of knowledge about regional foods. (Tara Duggan San Francisco Chronicle 2008-03-12) About the Author Suneeta Vaswani was born in Mumbai, India and moved to the U.S. in the late 1970s. Based in Houston, she has written for Bon Appetit and is a member of the International Association of Culinary Professionals (IACP). Excerpt. copy; Reprinted by permission. All rights reserved. Introduction India, the land of my birth, from which I am unable to cut the umbilical cord, is an enigma. Try as I might, I cannot describe it in a sentence, a paragraph or even a page. I have spent approximately half my life in India and am still continually learning about my people, the traditions and the food. The last, I'm convinced, is more than one lifetime's project -- it is so vast and so diverse. Within each state, there are several different communities, each with its own cuisine. Until television became mainstream, communities lived in relative isolation, unaware for the most part of the food traditions of their neighbors. Today, television has changed the lives of Indians. Food shows on TV have raised awareness of the diversity of our cuisine in every village, where even illiterate grandmothers watch mesmerized as celebrity chefs prepare dishes from different regions. Indian food has evolved over centuries, influenced by history, geography and religious beliefs. The greatest impact on the food of north India undoubtedly came from the Moguls, who ruled from the 16th century until the middle of the 18th century. Theirs was a sophisticated and refined cuisine, and they introduced ingredients such as saffron, nuts and cream. The Europeans, beginning with the Portuguese -- who arrived in 1498 on the southwest coast of Kerala in search of pepper, the black gold -- also left their mark on the food of India. They brought with them foods

from the New World -- ingredients such as tomatoes, potatoes and peppers, which are synonymous with Indian food today. The British, who were the most dominant of the western powers, ruled the country for nearly three centuries and left their mark on its food. Indian spices changed British taste buds forever, and the British, in return, introduced Indians to processed cheese, breaded fried foods and the ubiquitous "baked dish," usually a medley of vegetables in a "white sauce," which still appears on party tables today. Sandwiches and white bread are also a legacy of the British, and Indians have taken both to new heights, making white bread a staple in the Indian diet. The food of the north is completely different from that of the south. In the north, wheat is the main staple, as are other grains, such as millet and sorghum; flatbreads made from these are relished with gusto. Of course, rice is also very much a part of the diet, and the famous basmati rice is grown in the north. In the south, rice rules: more than 20 varieties are grown in the area. It is served in multiple courses at each meal, including breakfast, while wheat plays a very small role. Spices are used in all Indian food but are treated differently. In most cases, people in north India toast certain spices and grind them into a powder. These are then added individually to dishes in varying quantities during cooking. In southern cooking, spices are often combined and fried in a teaspoon of oil, then powdered and added to a dish almost at the end of the cooking process. In *Easy Indian Cooking*, I have included recipes from northern and southern cuisines as well as those from some of the other regions of India. In this way, I hope to give you some idea of the vast diversity of the food of India. -- Suneeta Vaswani