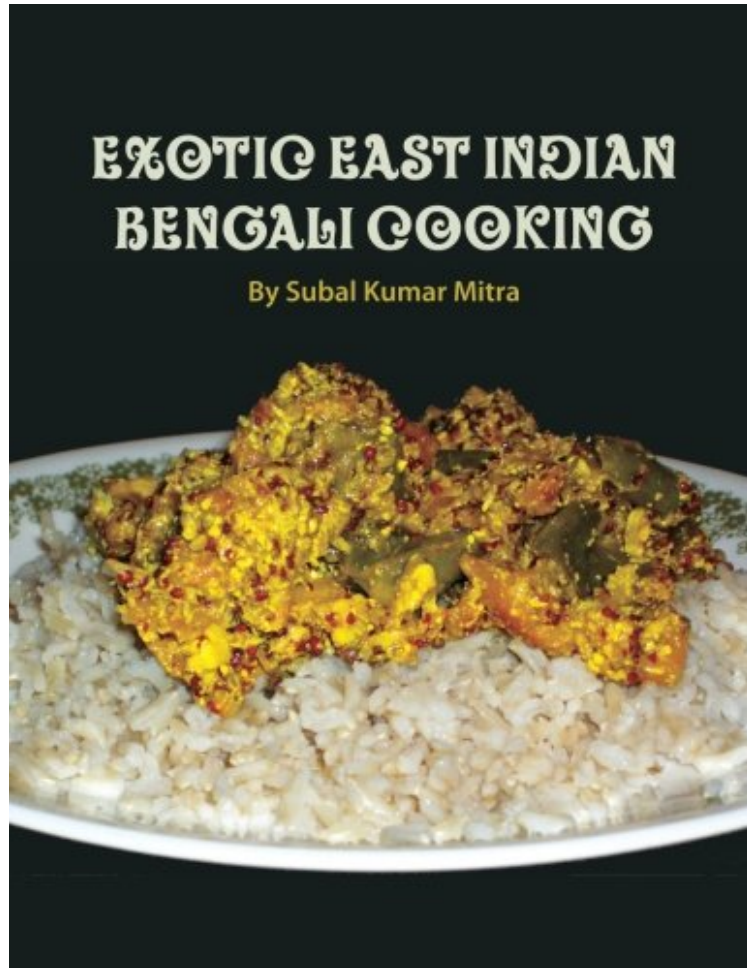


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Exotic East Indian Bengali Cooking

Subal Kumar Mitra

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Subal Kumar Mitra : Exotic East Indian Bengali Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Exotic East Indian Bengali Cooking:

1 of 1 people found the following review helpful. As close to being there as possible.By RG@VAUnpretentious and straight forward. Am looking forward to exploring these recipes. Thank you for reminding me of home.4 of 4 people found the following review helpful. Easy-to-follow recipes with amazing flavors!By E. BillingsI'm always looking for new foods to cook and I'm so glad I got this book. I've tried several dishes and they are all delicious, and the flavors are very unique. I highly recommend it for those who want to try something authentic and ethnic. Plus, the recipes are so easy to follow!7 of 7 people found the following review helpful. Tasty home cooked Bengali foodBy AnonymousI've been using this cookbook for several months now and I really like it. I'm familiar with a wide range of cuisine from the different regions of India and I appreciate the approach this book takes in introducing Bengali cooking to Westerners. The recipes lay out clear and simple instructions which if followed closely produce truly

wonderful Indian meals. What's nice also is that the author makes suggestions as to variations one may try with the different recipes to keep things interesting and fun. Granted, the format and font of the book is lacking in appearance, but more importantly in my opinion, the book is well written and edited, and the recipes are quite good. I'm one who values substance over style. Having read some of the criticisms leveled at the cookbook, I'm somewhat puzzled by them. The author seems to have made a very sincere effort to share his family recipes with the public. If turmeric, garam masala, cumin seeds, curry powder, asafetida, panch phoron, black mustard seeds, cardamom, mustard oil, besam, etc. constitute essentially Mediterranean herbs, perhaps I need to refamiliarize myself with that type of regional cuisine. Truly, even many of the common spices we use in the West were introduced to us by way of trade with India. Barbeque sauce is indeed used once in one of the recipes, not in an authentic Bengali dish, but in an obvious variant of classic roast chicken spiced up Bengali style. Plantains are not mistaken as green bananas, I just used regular, unripe green bananas as stated in those recipes and the food turns out great. If one actually reads and interprets the cookbook as written without unduly imposing their own orthodoxy onto it, one discovers really delicious recipes to enjoy and yes it is real, authentic Bengali cooking.

This book contains over 100 authentic and delicious Bengali recipes shared by the author, including various meat, fish, egg and vegetable curries, dopiaza, kalia, stir fries, kofta, kebabs, cutlets, patties, chops, and many other types of dishes, daals, roasts, breads and beverages.

About the Author The author of this book was born in Varanasi, India, where he was raised as one of several offspring in a fairly humble home. He belongs to the Bengali community originally from the state of Bengal in eastern India. The land is ideal for paddy cultivation and is situated on the coast of the Bay of Bengal; hence the chief diet of the Bengalis is rice and fish. The recipes compiled by the author have been handed down through the generations and many have origins more than a thousand years old. He feels that sharing them would be an enriching experience for him and for those that love to cook and experiment with out of the ordinary dishes. He wishes the readers good luck and hopes that they enjoy the authentic Bengali food.