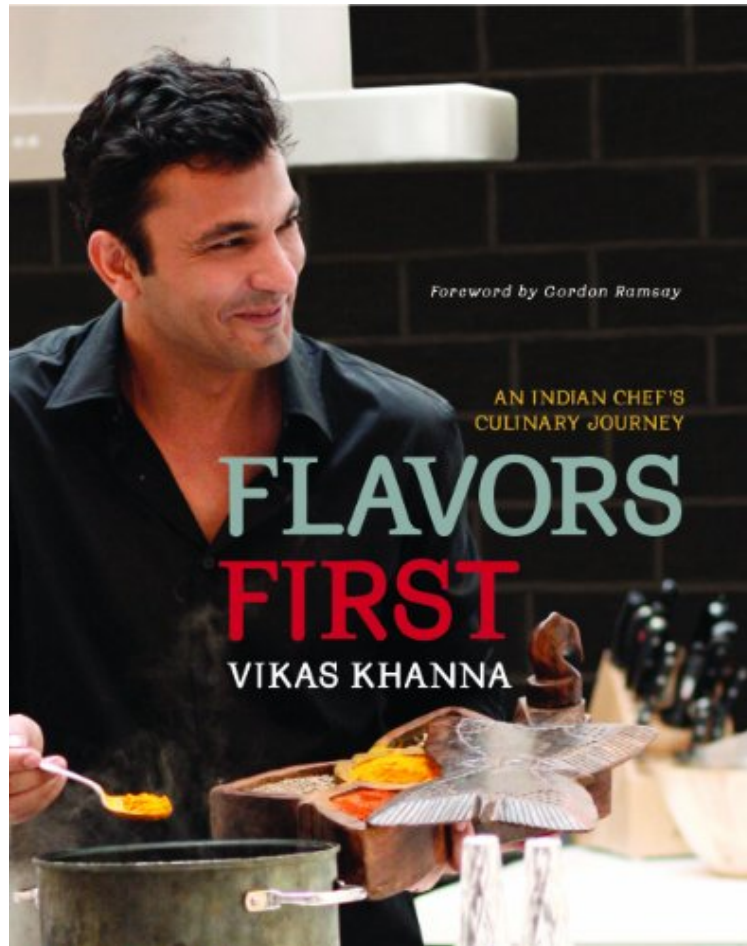


[Free] Flavors First: An Indian Chef's Culinary Journey

Flavors First: An Indian Chef's Culinary Journey

Vikas Khanna

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Vikas Khanna : Flavors First: An Indian Chef's Culinary Journey before purchasing it in order to gage whether or not it would be worth my time, and all praised Flavors First: An Indian Chef's Culinary Journey:

5 of 5 people found the following review helpful. A Beautiful BookBy Chuhyon Angie LeeNo one can deny that this is a beautiful book filled with mouth watering recipes and exquisite photographs. But what really sets this particular cook book apart are the wonderful, heart warming stories illustrating Chef Vikas culinary journey.However, what I found to be most compelling is the simple yet subtle complexity of the flavors. Most of the Indian foods that I've been exposed to have had so many different ingredients and spices in one dish that it's difficult to distinguish any one particular flavor note and thus eventually everything tastes basically the same. Not so with these recipes. I love that there are only a few key flavors in each dish which allows the spices and ingredients to really stand out. It's about time someone has written an Indian cookbook in a sophisticated manner that really showcases the myriad of spices found in Indian cuisine. This truly is a stellar, knockout book that I would recommend for anyone who enjoys cooking,

especially those who love cooking for others much like Chef Vikas. 0 of 0 people found the following review helpful. Interestingly written, but skimpy on variety. I'd rather ...By S. Sanghani Interestingly written, but skimpy on variety. I'd rather spend the money on any of Madhur Jaffrey's books, if one was looking for a reasonable variety of indian recipes. 2 of 2 people found the following review helpful. great cookbook By Jennie Lambert I read the cookbook first, and am learning to cook some of the recipes. The instructions are easy to follow

From celebrated Indian chef, Vikas Khanna, *Flavors First* brings the richness and diversity of Indian cuisine to your home kitchen. From the lessons he learned from his grandmother's traditional cooking in India to his time spent as a chef in New York, *Flavors First* draws from Khanna's incredible culinary journeys. Enjoy recipes that range from the classic Chicken Tikka Masala and Garlic Naan to Khanna's more contemporary spins on tradition, such as Masala Honey Cornish Hen and Crispy Wonton Wraps with Pineapple Mint Chutney. With entire chapters devoted to every part of an Indian meal (even breads, chutneys, desserts and beverages) and an ingredient and spice glossary that includes tips on handling and storage, *Flavors First* will be an indispensable resource on Indian home cooking. Vikas Khanna grew up in Amritsar, India and learned to cook from his grandmother. He opened his own catering company at the age of seventeen and never looked back. He has been in New York for the past ten years learning all he can from everyone he meets. Khanna has worked his way up to be one of New York City's top-rated chefs with his work at Salaam Bombay, The Cafeacute; at the Rubin Museum, and the highly regarded Junoon. He is equally recognized for his work in humanitarian efforts with SAKIV, New York Chefs Cooking for Life, and his documentary film series, Holy Kitchens. In recent years Khanna has become recognized for his television appearances on Martha Stewart, Gordon Ramsay's Hell's Kitchen and Kitchen Nightmares, and Throwdown with Bobby Flay.

"Vikas Khanna is a brilliant and original chef. I have no hesitation in recommending this book to lovers of great Indian cuisine." ? Salman Rushdie "Vikas Khanna is an American treasure lent to us by his native India." ? Bobby Flay "Vikas Khanna's enthusiasm for food is so intense that it practically explodes off the page. I could taste the dishes just by reading the recipes." ? Jean-Georges Vongerichten "Vika's dishes remind me of the richness and diversity that is the Indian heritage and culture." ? Dr. Deepak Chopra