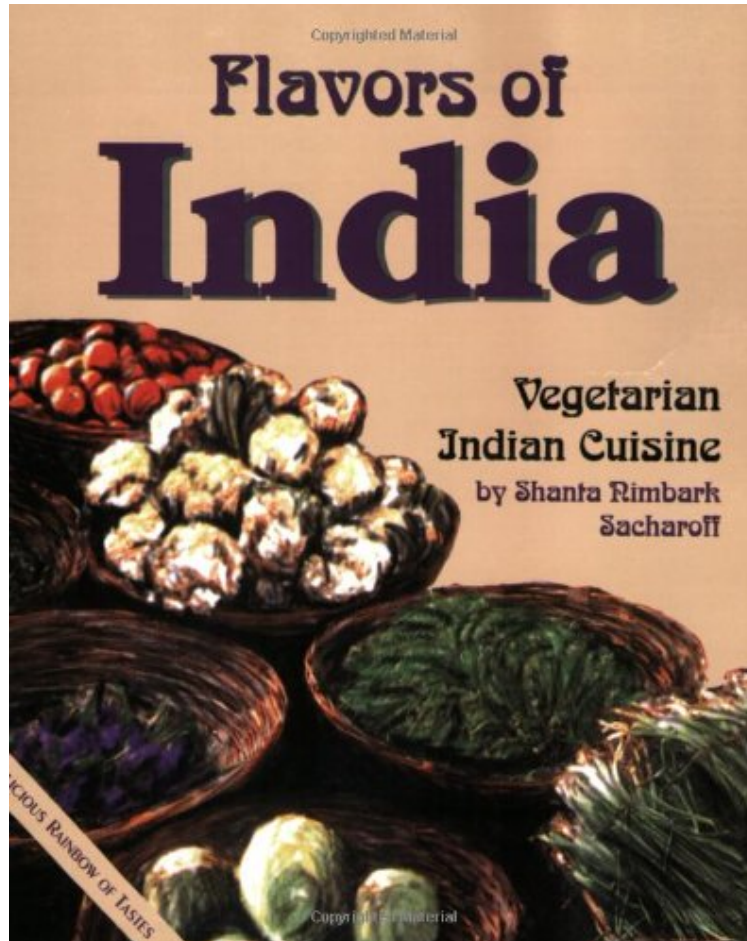


Flavors of India: Vegetarian Indian Cuisine

Shanta Nimbark Sacharoff

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Shanta Nimbark Sacharoff : Flavors of India: Vegetarian Indian Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised Flavors of India: Vegetarian Indian Cuisine:

18 of 18 people found the following review helpful. Easy and Tasty Recipes, very Comprehensive By Clare Chu This cookbook is very easy to follow. After a chapter on vegetarian nutrition, we take a tour of the Indian pantry. The chief ingredients, spices, and cooking tools are described, with their background, history, description and uses. By reading up on spices and ingredients, along with their Indian names, one is able to go to an Indian grocery store and make the right choices. In addition, the author shows you how to roast and grind spices, and includes recipes for garam masala, chai masala, tamarind pastes, sauces, how to make your own ghee, paneer, yogurt. She then covers a variety of chutneys, pickles, snacks and appetizers. There is so much variety in this book, covering salads, vegetable dishes, beans, dals, rice, breads, sweets and even beverages. And it's not just how to cook them, but also she gives you cultural background, traditions, and how and where the item is served, and what significance it has in reference to the holidays. Even if you never cooked a single dish, you can learn a lot about Indian cuisine, culture, holidays and festivals from

reading this book. The chapter on dals has more than enough variety for you to experiment, as it covers all sorts, chana, mung, urad, toor, masoor, and even pancha dal (combining all 5 dals). I have enjoyed several of these, and the only comment I have is that she does not tell you how much cayenne pepper to put in, so you can suit your tastes. The other thing I noticed is that if you use all of the water the recipe specifies, your dal will be too watery. For example, 5 cups of water for 1 cup of masoor dal is too much, turning it into a soup. She does a great job explaining the vaghar, which is a hot oil mixture that is added to the dal in the last minute to flavor it with spices. 0 of 0 people found the following review helpful. Good Food! By Amber Everything I have made from here has come out good!! 0 of 0 people found the following review helpful. Digital version of a great cookbook I've owned for decades. By Kindle Customer This is a must-have for anyone interested in exploring home-cooked Indian cuisine. Along with the recipes, there's a thorough discussion of spices, ingredients, and techniques. If you think Indian food consists of nothing but "curry", you'll be pleasantly surprised by the variety of dishes from all around this huge and very diverse country.

Vegetarianism has become more popular in India, and this cookbook includes some of the regional specialities. The recipes cover beverages, snacks, chutneys, dairy products, vegetable dishes, rice, dal, breads and sweets. Also included is information on the essential spices in Indian cooking.

"Flavors of India is well named-Shanta's presentation is so clear, a delicious rainbow of tastes seems to leap off each page."