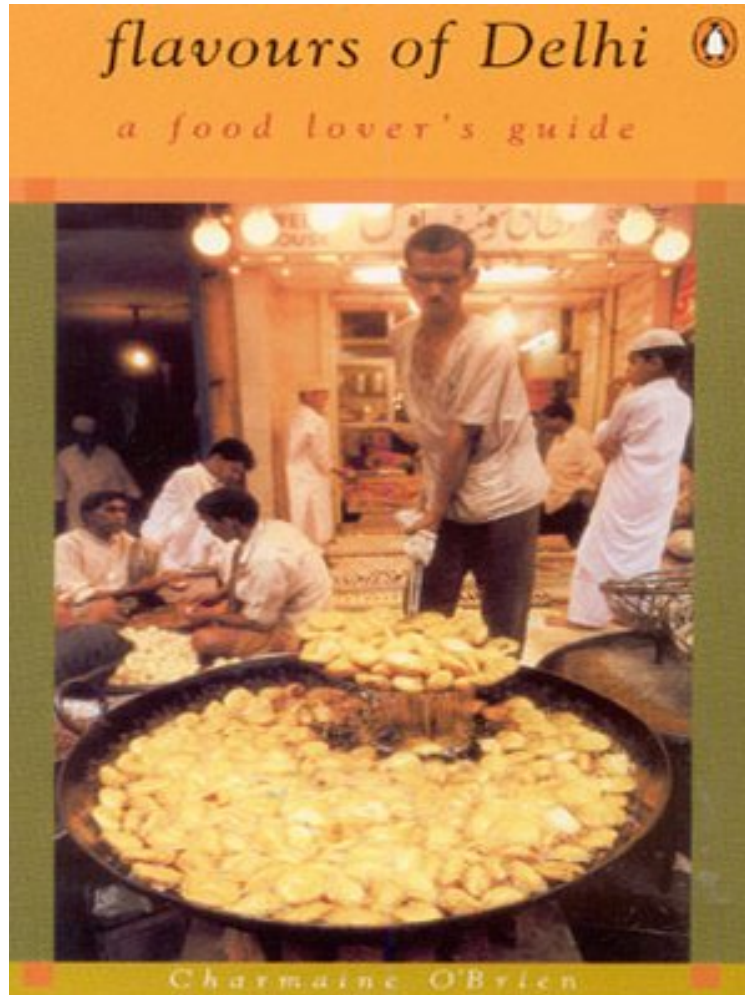


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Flavours of Delhi: A Food Lover's Guide

Charmaine O'Brien

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Charmaine O'Brien : Flavours of Delhi: A Food Lover's Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised Flavours of Delhi: A Food Lover's Guide:

0 of 0 people found the following review helpful. Excellent guide to Delhi eatingBy Brooklyn BrowserWhile this book has been out there for a few years (so some of the recommended restaurants have closed), its fully researched and stands up very well as a summary of the major cuisines and food history of Delhi, with restaurant recommendations and recipes as well. A good companion to William Dalrymple's Delhi book if you are looking for more than a superficial understanding of the complex background to Delhi.Well worth digging up.0 of 0 people found the following review helpful. The ultimate Delhi food guideBy MIke WWhat a wonderful journey this book has been. The author has taken pains and devoted much effort in thoroughly researching the rich gastronomical heritage of Delhi. Tracing the roots of some of the most popular dishes to the times of the Raj, the period of the Mughals and the feasting

times of the Nawabs of Awadh, the author reveals those secret recipes passed along generations of traditional cooks. Simply unbelievable. Loved the book for the blending of history and cookery. A great read and a must for anyone who loves Indian food. Just brilliant. Enjoyed every page.

Just as each ruler left his architectural mark on Delhi, so each bequeathed to it a culinary legacy. *Flavours of Delhi: A Food Lover's Guide* tells the story of Delhi through its food. It explores the city's culinary history beginning with Indraprastha, taking us through the Sultanate period, Mughal rule and the British raj, and bringing us right up to the present. Professional chef and food writer Charmaine O'Brien's love for Delhi and its culinary delights is evident. She tells us not only what to eat, but also where to eat it. From paranthas in the galis of Chandni Chowk to kakori kababs at the fancy Dum Pukht, from chaat at a roadside stall to appams at Keraleeyam, from fresh fruit and vegetables at INA Market to fish at Chittaranjan Park, O'Brien takes us on a guided tour through the capital, encouraging us to sample and savour as we see. History comes alive as the recipes in this book allow us to recreate the varied flavours of the city in our kitchens. The result of extensive travel and research, and lavishly illustrated with photographs taken by Kirsten Grant, *Flavours of Delhi* is a fascinating read that whets the reader's interest and appetite.

About the Author Charmaine O'Brien has trained as a chef, run her own catering business and developed cooking classes for an institution for adult education.