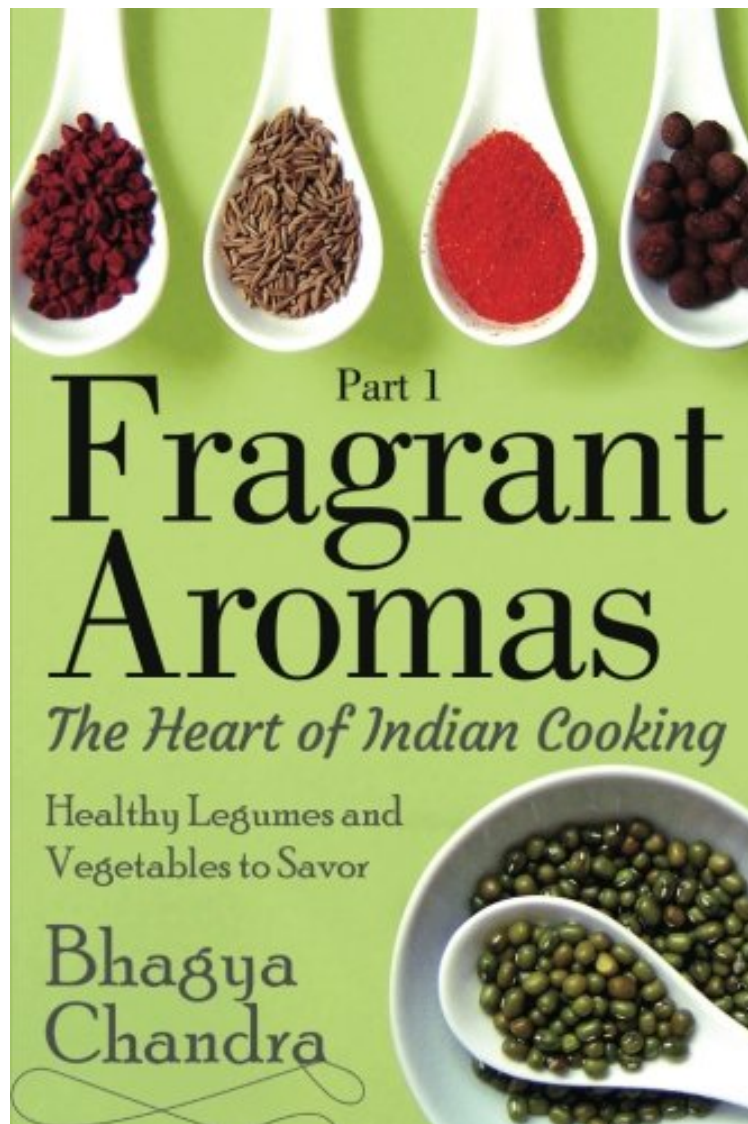


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## Fragrant Aromas: The Heart of Indian Cooking: Healthy Legumes and Vegetables to Savor (Volume 1)

*Bhagya Chandra*

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**Bhagya Chandra : Fragrant Aromas: The Heart of Indian Cooking: Healthy Legumes and Vegetables to Savor (Volume 1)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fragrant Aromas: The Heart of Indian Cooking: Healthy Legumes and Vegetables to Savor (Volume 1):

0 of 0 people found the following review helpful. This is one of the BEST cook books in my collection!By SPI own

several cook books and my criteria for purchasing (and keeping) cookbooks has gotten more difficult to meet. I can honestly say that I prefer this cookbook to other Indian cookbooks. I have prepared a few of the dishes; they are easy to prepare, delicious and family friendly. Love the pictures, simple writing and clear instructions. The pictures and important tips included in the 'variations' section are very helpful. Every recipe made my mouth water. I patiently read through the entire thing, and I've decided not to flag any recipes to try - I want to try them ALL. I feel inspired by the fact that these are every day healthy recipes. For those who are unfamiliar with Indian foods and ingredients, this is a great place to start. The cookbook is filled with unique home-made recipes usually not found in many Indian restaurants. I look forward to trying many, many recipes from this book and sharing them with my family and friends.

1 of 1 people found the following review helpful. Wonderful India recipes and healthy. By AnnOver the years I have had numerous meals that the author prepared and have taken her cooking classes. She is a five-star chef and in her classes she shows that it is not difficult to make India's dishes. When you prepare the dishes you will get a wonderful aroma in your home that only comes from the spices one puts into these different recipes. If you are looking to eat healthy then give the dishes in this cookbook a try. I've so enjoyed eating the different recipes that I've prepared. Give it a try, you'll be hooked!

0 of 0 people found the following review helpful. Excellent Indian Cookbook! By ZuluKatI love this cookbook. The recipes are easy to follow using ingredients that most of us have in our kitchens. Plus everything comes out tasting and looking fantastic! Those who enjoy more or less spice can easily personalize the recipes to suit their individual tastes. My whole family enjoyed the meals I have made from the cookbook. I wholeheartedly look forward to the next cookbook from this talented chef and author.

Fragrant Aromas: The Heart of Indian Cooking, Legumes and Vegetables to Savor, is the first book in the series to include Legumes and Vegetable curries. Bhagya was fortunate to have been exposed to cooking styles from Andhra Pradesh, Tamil Nadu, Karnataka, Maharashtra, North India and Kerala states of India. The cookbook includes several recipes that span over a few regions and cultures in India. The second cook book due to be released end of Spring, 2014 will include popular appetizers, breakfast and rice recipes, and 'fusion cooking', a blend of Eastern and Western dishes.

About the Author Bhagya Chandra (alias Chandrashekar) was born and raised in India. She moved to the US in the late 80's to pursue graduate studies in biochemistry. She currently lives and works in Southern Maine with her husband and two children. Bhagya Chandra has a passion for cooking. She creates innovative recipes by mixing and matching various ingredients. She strives to establish a balance between her work and home lives. Therefore, finding or creating simple and easy-to-prepare recipes has always been a priority. It is her earnest desire to share her recipes making it easy for fellow cooks to enjoy the sumptuous foods of India. In addition, one could learn to enhance simple foods with brilliant herbs and spices, adding fragrant aromas and fiery flavors to create their own recipes. This is the first book in this series, and Bhagya's second cookbook will be released in late Spring 2014. Bhagya has published a novel, 'Love after Marriage'; Writing from the heart, 'Love after Marriage' is her first novel—a courageous journey to describe a simple, cherished love story. Bhagya would welcome any feedback or questions at [bhagyachandra2014@gmail.com](mailto:bhagyachandra2014@gmail.com)