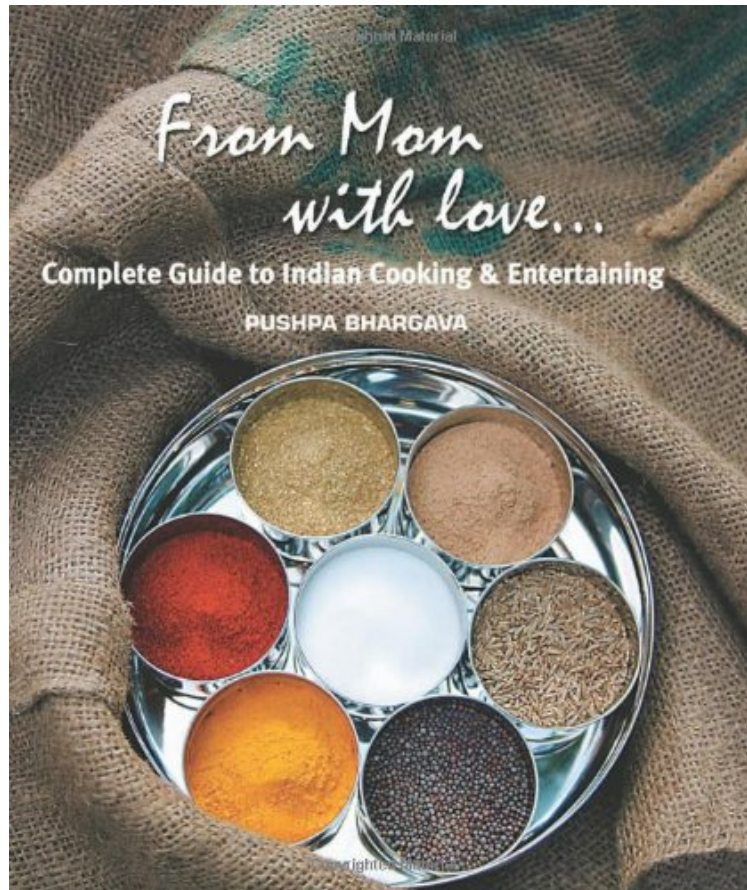


(Download pdf ebook) From Mom with love: Complete Guide to Indian Cooking and Entertaining

From Mom with love: Complete Guide to Indian Cooking and Entertaining

Pushpa Bhargava

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Pushpa Bhargava : From Mom with love: Complete Guide to Indian Cooking and Entertaining before purchasing it in order to gauge whether or not it would be worth my time, and all praised From Mom with love: Complete Guide to Indian Cooking and Entertaining:

551 of 555 people found the following review helpful. The only cookbook that gives my Indian husband a true taste of home! By Holly Holly I purchased this cookbook about 8 months ago. I wanted to really give it a workout before writing a review. I'm a born and raised American who married a born and raised East Indian. My husband is a doll, but having been one of the fortunate few to have grown up in a wealthy Indian home, he was provided only the best meals and is extremely picky with food. So much so that his mother even warned me about it. I have quite a few Indian cookbooks, my favorites being this one, "Quick and Easy Indian Cooking" by Mahur Jaffrey and "5 Spices, 50 Dishes" by Ruhta Kahate. Madhur Jaffrey and Ruhta Kahate are both fabulous cooks and have some great recipes, but my husband's biggest complaints about both of their cookbooks is that many of the recipes are too mild or are

"Americanized" Indian dishes. (The spice issue is easy to work with, I just double the chili powder or add additional green chilies.) So while the meals in both of those cookbooks are really great tasting food, my Gujarati husband was looking for the EXACT SAME taste he would get at home in every recipe of the book. (EEEEK!) I read the great reviews on this book and decided to purchase it even though it didn't have anything about "simple" or "easy" in the title. I really think Mahur Jaffrey and Rutha Kahate both introduced me to Indian style cooking and helped me get past that initial fear of all the spices, taking me from beginner to intermediate. Both are really great books and I highly recommend them for beginners. Well, this is THE BOOK!! From meal one, this cookbook was a huge hit with my husband! I don't consider myself a naturally good cook, but this book is absolutely fabulous at guiding you every step of the way. Each recipe has a full color photo and they are non-intimidating. Most meals take under an hour and some are 30 minutes or so, including cooking time. Even the more complicated looking dishes aren't that bad. I did as suggested and pre-cooked and froze masala for use in later recipes and it's worked out great. My husband's favorite is the Tandoori chicken, which looks scary, but it's really not! Once you have all of the spices required it's a little time consuming but a snap. The taste of the food is not really going to be much like you'd find in Indian Restaurants here in the US, it's actually better, more flavorful. Much more of a home cooked Indian meal you can only find either at the home of an NRI or in India itself. I have been fortunate enough to go to India and these meals are exactly like what I was served at the gracious homes of my husband's friends and family. My husband often tells me the meals I make from this book are sometimes even better than what he eats at home. He credits this to the fact that (he thinks) I follow every single step to the letter, while his mother sometimes skips spices. (Critical, critical! She's a fabulous cook!) But either way it is possible to (shhhh!) take a few shortcuts with this book. I don't always grind my coriander fresh (something I learned from Madhur Jaffrey) and will use coriander powder instead. I also get lazy and use garlic or ginger paste instead of messing with the real thing. The taste is still fabulous, and several of the recipes call for garlic or ginger paste anyway. In order to cook most of the great Indian meals from this book, you really only need a few essential tools, some of which you probably already have. A food processor, a blender and a spice grinder. A pressure cooker helps but I don't remember if any of these recipes require one. There are usually alternate directions if you don't have one anyway. If you are new to the idea of Indian cooking but really want to produce that authentic, home cooked Indian taste, GET THIS BOOK! It's NOT scary. Trust me, I'm not a natural in the kitchen. I'm easily intimidated and was delighted to find I could cook any recipe in this book to perfection. If you're absolutely new at this, just be prepared to blow at least \$30.00 on some base spices right off the bat and be SURE to get a spice grinder. The Indian ingredients I always keep in stock in my kitchen are as follows: Amchur (Mango) Powder, Afoetida, Bay Leaves, Black Pepper (Whole), Black Cardamom Pods, Black Mustard Seeds, Cinnamon Sticks, Cloves, Coriander Seeds, Coriander Powder, Cumin Seeds, Chili Powder, Fenugreek Seeds, Fennel Seeds, Garam Masala, Garlic Paste, Ginger Paste, Green Cardamom Pods, Green Chili's (Serrano Peppers), Lemon Juice, Mustard Oil, Onions, Saffron, Turmeric, Urad Dahl, Vegetable Oil. I realize that is an extensive list and no one should just go out and buy all of those spices without several recipes to use them in. Also, keep in mind it was built up over time and I also cook Indian food at least 5 times a week. If I had to pick the five spices I use the most, it would be Coriander Powder, Turmeric, Chili Powder, Cumin and Garam Masala. These are very basic for most Indian dishes. I'd say the best way to do it is build as you go. Pick 4 or 5 recipes you'd like to cook, make a list and go from there. Your spice cabinet will build up over time. Anyway, this is a fabulous cookbook for non-intimidating and fairly easy to prepare authentic Indian dishes. Don't let the spices scare you, it's not bad at all! Hope this helps!

5 of 5 people found the following review helpful. Superb
By Chaya Mushka
This is quite a wonderful cookbook. I had been cooking Indian from the website "manjulaskitchen" for several years before I decided that it was time to branch out. Nearly every night of the week I cook from either From Mom with Love or from Manjula's Kitchen. I have tried recipes from Indian food blogs, which never seem to taste as perfect as Bhargava's or Manjula's. Perhaps they just weren't tested enough. I've tried other N. Indian cookbooks only to be disappointed about the lack of heat and the general flavors I expect from N. Indian food. I bought this cookbook after sifting through many, many reviews of countless books and I have not been disappointed. Something especially nice is her list of tips in the back of the book. She writes, for example, that if you over-salt a dish you can add a raw, peeled potato to the boiling mixture and the potato will absorb the salt. Well, I didn't over-salt and Indian dish, but I did over-salt a different recipe one day. Sure enough, her potato tip saved dinner. My favorite recipes include :-nariyal chutney/coconut chutney (pg 133)-dahi bhat/South Indian style rice with yogurt (pg 108)-Dahi ke Alu/potato subzi with yogurt sauce (pg 48)---recipe reproduced below-Chatpate Alu- spicy potato from Uttar Pradesh (pg 46)---recipe reproduced below
Note about yogurt recipes: I learned to cook North Indian food from a North Indian woman. I had fallen in love with Indian food long before that, but cooking with Geeta showed me that, as long as you have the right spices (buy them in large quantities at the Indian store, pour them into small jars, and store the rest in the freezer to keep it fresh. Also, by a coffee grinder that you use exclusively for grinding spices. They are only about \$15) Indian food needn't be scary to cook. Geeta also told me that if an Indian recipe calls for yogurt it is best to either make your own (Bhargava provides a homemade yogurt recipe in the book) or to use buttermilk, as Indian yogurt is quite different from what we have in Europe or N. America.
Note about breads: making roti/chapati will be much easier if you buy an Indian rolling pin. The super thin kinds are about \$1 and the larger ones (still small compared to N.

American pins) are about \$5. They make a huge difference and rolling breads is much easier with them. Also, do not try to use regular whole wheat flour for roti/chapati. I've done it before and it does not work well. Buy atta flour from the Indian store.

Critical Notes: The only dish that has not been successful is the Dal Makhani (pg 73). I also take issue with the precooked masala in the book. It tastes too much of cinnamon for me. I had been cooking Manjula's recipes for so long that perhaps I got used to her masalas and cannot switch over. For the recipes that call for precooked masala I generally cook Manjula's version or I use Bhargava's version but Manjula's spice mix. My biggest criticism is not about the book but about the author: she has not written a second cookbook. Why hasn't she written another cookbook? Every so often I come back to her author page to see if another book is listed there yet, but *From Mom with Love* is the sole item. It's extremely disappointing, as I'm sure she has many other wonderful recipes that she is keeping to herself! I sincerely hope she will continue writing cookbooks so I can discover more wonderful Indian cuisine.

Potato Recipes to Try-- they are my absolute favorite. I dare you to not buy the book after you make these.

Dahi ke Alu/potato subzi with yogurt sauce (pg 48)
 4 med. potatoes
 1 tsp salt
 1/4 tsp turmeric
 1/4 tsp cumin
 1/4 tsp red chili powder
 1/2 tsp garam masala
 4 whole cloves
 4 tables thin yogurt (I use buttermilk)
 1 tbsp oil or ghee
 1 cup water
 1 tbsp coriander, chopped
Boil potatoes until soft. Peel and crush into small pieces. Whisk buttermilk and water. Heat oil in pan over med-high heat and add cumin and cloves. When seeds start to pop add turmeric, red chili powder, and buttermilk mixture along with potatoes. Stir until mixture comes to a boil. Add salt and garam masala and reduce heat to low and cook for another 8 minutes. Garnish with coriander.
serving suggestion: serve with plain parathas and a green vegetable-Chatpate

Alu- spicy potato from Uttar Pradesh (pg 46)
 4 med potatoes
 1 tsp salt
 1/4 tsp turmeric
 1/2 tsp cumin
 1/4 tsp red chili powder
 2 whole red dried chilis
 2 heaping tsp coriander powder
 1 heaping tsp mango powder (amchur/amchoor)
 1/4 tsp garam masala
 3 tbsp mustard oil
 2 c water
 1 tbsp fresh coriander, chopped
for tempering: 1/4 tsp paprika
 1 tbsp oil
Do not peel potatoes. Cut into vertical slices about twice the thickness of average french fries. Heat mustard oil in saucepan on med-high heat. Add cumin and whole red chilis. When cumin seeds start to pop add turmeric powder and coriander. Roast for 1-2 mins. Add red chili powder, potatoes, water and salt. Stir and turn heat to high until mixture starts to boil. Reduce to med-low and cover. Stir occasionally until potatoes become tender (about 15-17 mins). Add dry mango powder and garam masala and reduce heat to low. In small frying pan add the other 1/4 tsp of oil and paprika and fry on med heat stirring constantly until paprika turns dark red. Add this oil mixture to potatoes. Garnish with fresh coriander.
serving suggestion: serve with kachori and/or poori with fried ginger on the side

2 of 2 people found the following review helpful. Best Indian cookbook out there. By EWG76 This is the only Indian cookbook I've found that was good and worth keeping. Personally, every Madhur Jaffrey recipe I ever tried came out bland as could be. My dad is from India and while I'm no great expert or aficionado, I grew up eating Indian food when I saw him or when my relatives were in town. These recipes taste like something my grandmother would cook (although I usually put my own tweaks on things like adding WAY more cilantro). This is also the book I found useful for braving the gimlet eye of some granny in the Indian grocery and it helped me decipher Indian names I've heard versus American names.

The author has received extensive heartwarming feedback from users around the world since the first publication of the book over three years ago. There have also been some very good suggestions for improvement. The third printing - available since December 2010 - has the following improvements incorporated:

- * All the ingredients now appear in the order of use
- * The Contents now lists both Indian and English names of the dishes
- * An Index has been added (English and Indian names)
- * 70 Vegan recipes have been clearly marked in the Contents
- * New recipes on popular request and suggestions pertaining to specific dishes

As before, *From Mom with Love* . . . originally written by a loving mother for her own children, is perhaps the only cookbook that contains:

- * 139 recipes for everyday meals that she grew up with in India, including fancy ones such as Goan Shrimp Curry and Palak Paneer
- * Super high protein low fat healthy recipes such as Mung Beans Dal, Sprouted Mung, Mung Beans Cheele, Scrambled Tofu, and Khichdi
- * Full-color mouthwatering pictures for almost every recipe
- * A complete list of spices, legumes, beans, and pots and pans you need to start cooking
- * A pantry list for beginners and another one for more committed and experienced cooks in a format that you can take right to the store with you
- * Ideas about foods you can cook and freeze ahead of time for when you need to produce a meal in a hurry or are too tired to cook
- * A complete list of menu combinations for different occasions, both special and everyday
- * Suggestions on how to deal with cooking crises such as a sauce that has become too thin
- * Tips for storing and preparing precooked masalas and efficient ways to freeze chutneys
- * Details on the pots and pans you need and serving suggestions including the suggested accompaniments for the recipe
- * Safety tips such as how to quickly put out a minor fire on your stove
- * Guidelines for cleaning and odor removal
- * Home remedies for minor ailments such as cough and colds, upset stomachs

The most special and unique feature of this book is the TLC tips. These are little shortcuts and secrets that will make your cooking easier, yet delicious. It is an invaluable gift to give to anyone who loves to cook or would like to try. Ergonomically designed to open flat when lying on counter. Find more information at MomsIndianCooking.com.

And; treasure for amateurs and for seasoned cooks alike. The recipes are utilitarian, the photography makes it even

more delectable and while the food cooks, one feels like re-reading the acknowledgements. --India AbroadThe end result is a beautifully written book with recipes that a first time beginner can look at and create a multi-course meal, safety tips and home remedies thrown in as a bonus. All nervous questions are already answered.. -- KavitaChhibber.comAs the Introduction says, this book "is a substitute for your Mom standing next to you ...lovingly helping you prepare ..Indian meals for every occasion." It really is! -- culinarialibris.blogspot.com/2011/03/lets-hear-it-for-ladies.htmlAbout the AuthorThe magical aroma of Pushpa Bhargava's gourmet and everyday cooking has welcomed innumerable guests to her beautiful home. The delectable taste of her cooking has enchanted even the most discerning of friends. The elegance and grace of her hospitality and the comfort of her food has warmed the hearts of many after a tiring, stressful day at work. Pushpa has offered her years of experience in the art of special and everyday cooking and entertaining to young people starting their own kitchens and to the young at heart wanting to add to their repertoire. She has been rewarded with truly heartwarming feedback from friends, family, and total strangers from around the globe.