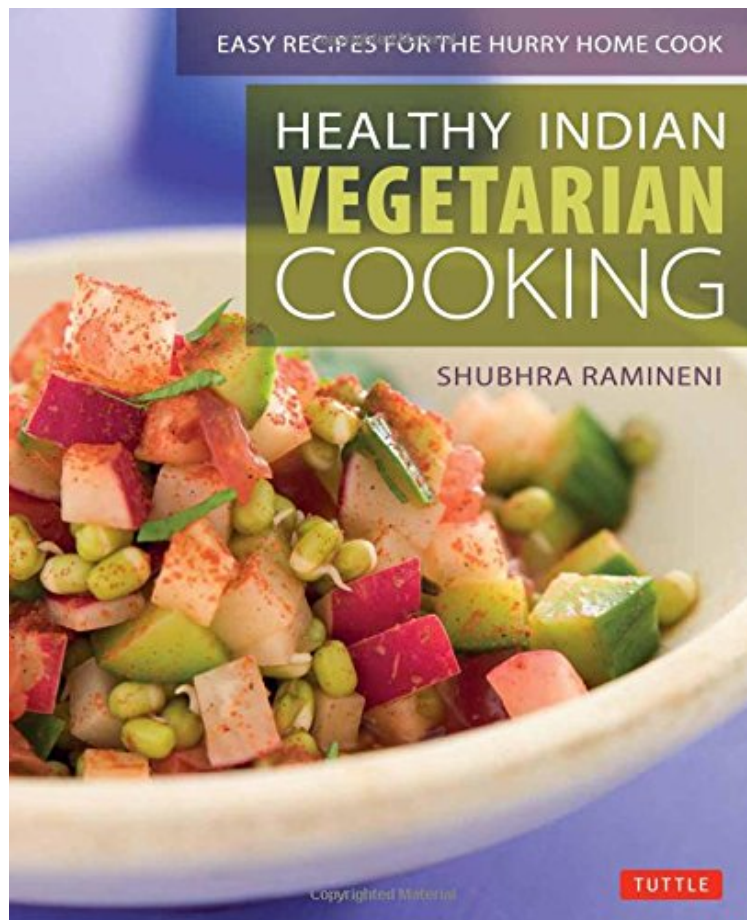


[Mobile book] Healthy Indian Vegetarian Cooking: Easy Recipes for the Hurry Home Cook [Vegetarian Cookbook, Over 80 Recipes]

## Healthy Indian Vegetarian Cooking: Easy Recipes for the Hurry Home Cook [Vegetarian Cookbook, Over 80 Recipes]

*Shubhra Ramineni*

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**Shubhra Ramineni : Healthy Indian Vegetarian Cooking: Easy Recipes for the Hurry Home Cook [Vegetarian Cookbook, Over 80 Recipes]** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Indian Vegetarian Cooking: Easy Recipes for the Hurry Home Cook [Vegetarian Cookbook, Over 80 Recipes]:

5 of 5 people found the following review helpful. Simple, Easy, Tasty RecipesBy MHCUsually when I buy a cookbook I first spend some time going through it to see what looks tasty, what recipes have a few fairly simple recipes I can make as tests and that don't require too many or too exotic or difficult to obtain ingredients or herbs or spices before trying out any of the recipes. But as soon as I got this book and skimmed through it, I couldn't wait to rush home to try something. There are so many recipes here that are simple, have a few easy to get anywhere ingredients and look delicious. Plus they are vegetarian and many are or can easily be made vegan. I love Indian food

but until now at home I felt relegated mostly to getting jars of ready made sauces simmers, or pre mixed everything-but-the-vegetable included mixes and also carefully reading the ingredient lists. But I don't think I will any more. There are so many dishes here I can't wait to try. Someone else commented that they were disappointed that the recipes were not as complex as they hoped. That is true, most are not complicated and many seem to use just a very few of the same, easily obtained spices which you can keep around and use in many of the dishes. This is not a "gourmet" Indian recipe boo. But there is a lot of variety in beans, legumes and vegetables used. For me that simplicity is not a drawback, it's a huge plus. And many don't seem to require much prep or cooking time, which means I will be able to whip up something delicious and exotic many nights after I come home from work or a long day out on the weekend. That is important for a busy working vegan who still likes to eat tasty, diversified non-processed food. 9 of 9 people found the following review helpful. Another Home Run Cookbook from Shubhra! By Txartgirl This book is a must for lovers of vegetables and Indian cuisine - and if you love both, even better! The recipes are easy to follow and just delicious. I have a CSA and am always looking for ideas to use my produce, so this will be my first cookbook to check. It also has a great section on lentils and legumes with easy and flavor packed recipes. The first recipe I made was the chickpea curry - awesome! Another favorite recipe is the the sweet potatoes with lime juice and seasonings. If you are looking for a go-to vegetarian cookbook that doesn't rely on a lot of dairy, this is it. 1 of 1 people found the following review helpful. and only some turned out to be any good. The rasam recipe was terrible By mirajshah I am still confused as to why this cookbook received such high reviews. I cooked at least 10 recipes from this book, and only some turned out to be any good. The rasam recipe was terrible. I am an Indian from India and sorry but the curries DO NOT remind me of good, healthy, homemade North Indian food - they taste just about mediocre. If you are questioning whether we made the recipes correctly - trust me, we were very careful. I understand this is supposed to be quick food, but there are many better ways to make quick Indian food. I generally don't use cookbooks for Indian food, but I was trying to get some ideas and learn alternative techniques of making the process faster. I have to say, after using Anjum Anand's books which very accurately captured the flavors I could sense she was trying to get at, this really felt like a letdown. The tofu and brussel sprouts were great, as were the dals and grains, but as far as the curries go, I would not recommend this book for someone that is really looking for Indian food that still tastes in its spirit like Indian food.

Bring spice into your kitchen and happiness to your taste buds with this delightful Vegetarian Cookbook. When Shubhra Ramineni became a new mother she wanted to make sure that healthy and delicious food became a part of her daughter's everyday growing up experience. After all, her own mother is a nutritionist and a great Indian cook. So with her mother's help and a wealth of experience in using Indian spices, she set to work to transform the typically bland vegetarian diet into a fantastic menu of nutritious Indian meals and snacks. In *Healthy Indian Vegetarian Cooking*, Shubhra shows how easy it is to make healthy and interesting vegetarian food, along with a selection of over vegan and gluten free dishes. Understanding that most of us work full-time, Shubhra has created a cookbook full of delicious, easy-to-make Indian meals and snacks that provide all the nutritional benefits your body (and family) needs. As an added bonus, by eating fresh, locally-grown vegetables you are doing something good for yourself and the planet! With a few Indian spices in your pantry, like turmeric, cardamom and cumin, and a copy of *Healthy Indian Vegetarian Cooking*, you can easily whip up flavorful dishes you and your family will love! Delicious Indian recipes include: Split Chickpea and Zucchini Stew Coconut Vegetable Curry with Tofu Yellow Squash Curry Tandoori Tofu Kebabs Vegetable Pilaf Sauteed Potatoes with Cumin Spinach and Fenugreek Fritters And many more...

"Shubhra is a great cooking instructor. She is teaching food she knows intimately, and yet she is always learning something new and bringing that to the kitchen. Her passion for Indian food and her ability to pass that on to her students is her greatest gift. She removes the mystery from Indian cooking and makes it easy, quick and tasty." —Jason Cammack, Culinary Coordinator, Sur La Table "Shubhra's approach to Indian cuisine is easy, straightforward, and utterly delicious. I have had the opportunity to work with her on a few Community events and her cooking style, the simplicity of the recipes, and the passion behind her work has made me a fan for life!" —Nick Fisher, Whole Foods Market "What I like best about Shubhra's new book is how she understands the dilemma and stress that comes with being a mother who wants to feed her family a healthy meal that will also taste great. Shubhra's use of Indian inspired spices and techniques is a great way to prepare and serve that fresh produce you got from your local farmers market or CSA. Whether you're a vegetarian, a vegan, or just want to have healthier dinner choices, you'll find a wealth of delicious recipes in *Healthy Indian Vegetarian Cooking*." —Jaden Hair, author, Steamy Kitchen's *Healthy Asian Favorites* and Publisher of *SteamyKitchen.com* blog "You don't have to be a vegetarian to enjoy these recipes. Shubhra takes the ho-hum out of eating the recommended daily servings of fruit and vegetables by preparing fresh locally available produce with readily available Indian spices and easy techniques. The healthy results are so delicious and satisfying the whole family will enjoy them and want more." —Peg Lee, Central Market, Event Liaison Manager "Shubhra makes Indian cuisine accessible to the home cook in *Entice with Spice* and has made vegetarian dishes exciting and easy in her latest book. A delightful instructor and avid locavore, she skillfully marries exotic

flavors with easy-to-follow preparation. Her recipes are a staple in my kitchen as I hope they will be in yours."  
—Sarah Augustine, Director, The Rice Epicurean Cooking School"Shubhra has taken the veggie fare to another level. Healthy, delicious, fun, easy, and sexy. A must have for every home kitchen to lead a better life." —Vicky Ratnani, Chef, author, and TV host

About the Author Shubhra Ramineni is an Indian American raised in the United States on traditional Indian food. With a mother who is a dietitian with a master's degree in nutrition, Shubhra grew up with Indian food and nutrition as a constant presence in her life. She currently teaches Indian cooking classes at Williams-Sonoma, Sur La Table, and Whole Food Market stores in Houston and Los Angeles, and contributes to Greenista.com, a blog for fashionistas with a green conscience. Shubhra is the author of *Entice With Spice*.