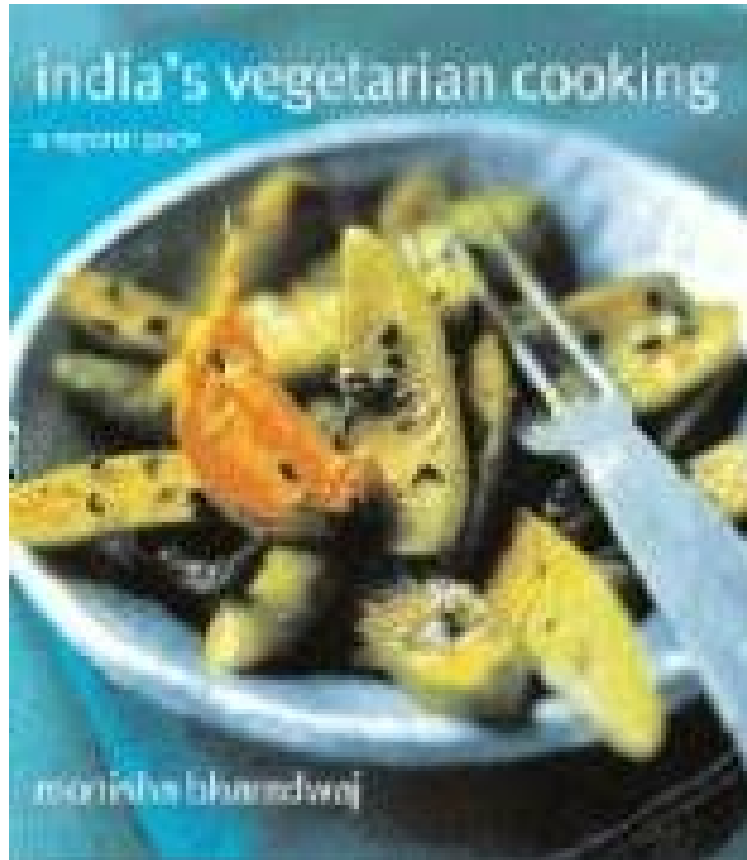


[Free] India's Vegetarian Cooking: A Regional Guide

India's Vegetarian Cooking: A Regional Guide

Monisha Bharadwaj

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Monisha Bharadwaj : India's Vegetarian Cooking: A Regional Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised India's Vegetarian Cooking: A Regional Guide:

7 of 7 people found the following review helpful. Lots of good ideas, but some recipes were a bit bland.By FethboneIndia's Vegetarian Cooking is a beautifully photographed book with a lot of additional information about the food culture of India. Most of the recipes are pretty straightforward to prepare, although a few of the ingredients may be hard to come by if you don't live by an Indian or Southeast Asian grocery store (she does suggest some substitutions, though). I liked that there's a wide variety of recipes featuring breads, veggies, legumes and desserts/drinks. However, I was disappointed by the fact that I found many of the recipes I tried to be under-seasoned if I made them exactly by the book. I often end up adding at least twice the amount of of spices or seasonings suggested to get a flavorful dish. Nevertheless, if you don't mind the possibility of doing some recipe-tweaking and are curious about Indian vegetarian recipes (or even Indian food in general), I would recommend this book as a good introduction.13 of 13 people found the following review helpful. Generally excellentBy Jane CollinsI have tried a few recipes from this book (cauliflower, broccoli, yoghurt, rice dal dishes) and so far they have been delicious, quick to make, and relatively original. (I have many indian cookbooks,they often repeat recipes from each other.) There is little

information on timing, but it does not seem to matter. She is good at producing recipes which are easy, don't have too many ingredients taste good. 4 of 4 people found the following review helpful. Easy and delicious
By Jyotsna Sreenivasan
I was interested in learning about the foods of different regions of India, and I'm a vegetarian, so I bought this book. I've made a couple of recipes, and my husband (who is not of Indian heritage) has made several recipes, and they've all turned out great. This book is easy to follow even for someone who is not very experienced at cooking Indian food.

Indian cuisine is one of the most popular forms of cooking in the world today but, as Monisha Bharadwaj shows, the myriad regional varieties of healthy and inspiring recipes of India have yet to be discovered by many Western kitchens. Encompassing the entire range of vegetarian Indian cooking, from the finest Gujarati thalis or choicest tandoori-cooked foods in the north, to the steaming hot idlis and chutneys of the South, via everything from chapatis to sweets, this is an inexhaustible and indispensable guide. Whether you want a snack, a quick lunch or a lavish meal this book will bring a sense of adventure to your diet and your kitchen.

About the Author
Monisha Bharadwaj is an award winning author and food writer, and was a judge on Food Network's 'Iron Chef America'. Her *Indian in 60 Minutes* was shortlisted for the World Food Media Awards in Australia in 2005. *Stylish Indian in Minutes* won the Guild of Food Writers' Cookery Book of the Year, and Germany's prestigious gold medal from the Gastronomischen Akademie Deutschlands ausgezeichnet was awarded to *The Indian Kitchen* (revised paperback edition 2006).