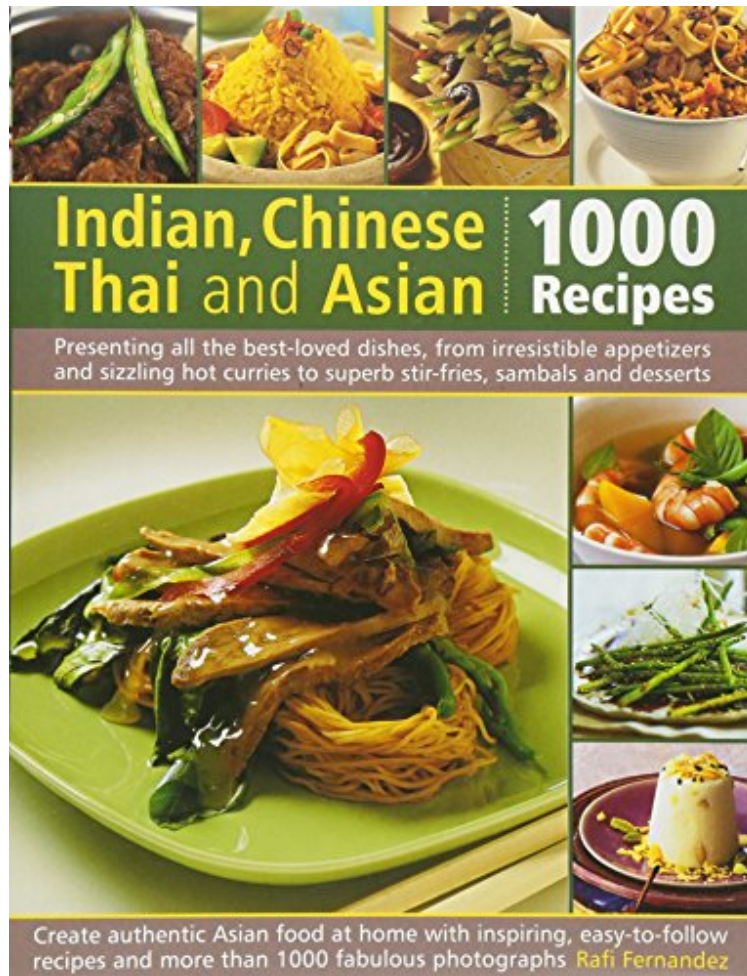


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Spicy sauces, succulent meat, vibrant colors and heavenly aromas - these elements and many more have made the cuisines of India, China and South-East Asia the most sought after and respected in the world.

About the AuthorContributor and Editor Rafi Fernandez is an accomplished cook and prolific author of books covering recipes from her native India. She often appears at food demonstrations and runs Raf's Spice Box, two shops based in Sudbury and York, England. She also supplies all the spices through her website www.spicebox.co.uk. A team of expert food writers have also contributed recipes to the book, including Shehzad Husain, Mridula Baljekar and Manisha Kanani.Contributor and Editor Rafi Fernandez is an accomplished cook and prolific author of books covering recipes from her native India. She often appears at food demonstrations and runs Raf's Spice Box, two shops based in Sudbury and York, England. She also supplies all the spices through her website www.spicebox.co.uk. A team of expert food writers have also contributed recipes to the book, including Shehzad Husain, Mridula Baljekar and Manisha Kanani.