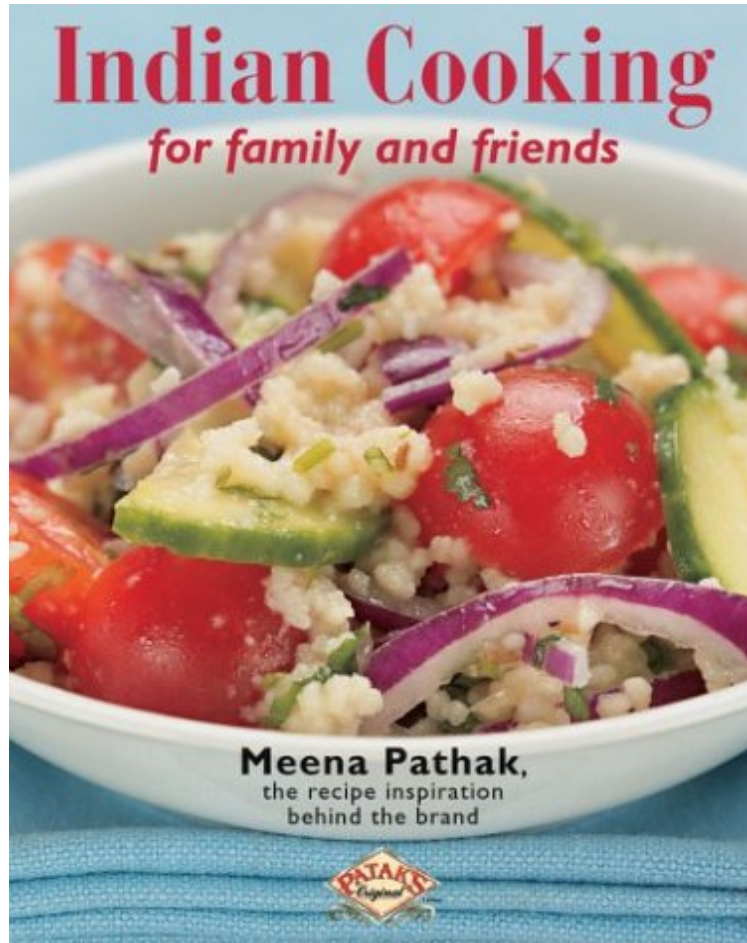


[Download] Indian Cooking for Family and Friends

## Indian Cooking for Family and Friends

*Meena Pathak*

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**Meena Pathak : Indian Cooking for Family and Friends** before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Cooking for Family and Friends:

1 of 1 people found the following review helpful. Small Indian foods cookbook is big on appeal By N-2 The focus of this inspiring little book is how to prepare everyday dishes with an Indian flavor. The large and colorful photos that illustrate the book will get your mouth watering, and they will likely entice you to try your hand at producing some delicious new foods. Many of the 100+ recipes in this book use ingredients you may have on hand in your refrigerator or pantry, and most are quite easy to prepare. The book starts with information on meal planning, basic ingredients and spices, and time-saving tips for preparing healthy foods. Recipes are given for the most basic foods like chapatti, cumin rice, and lime water. Included is my favorite, spiced chai from scratch. The book also features chapters with quick-to-fix recipes that you can make in a matter of minutes, everyday meals for your family, easy dishes for entertaining, comfort foods, and more complicated dishes to serve on special occasions. There is a helpful glossary of

ingredients in the back of the book. This book would be excellent for someone who enjoys Indian foods but has never tried to make them. It will show you the basics for creating the flavors and aromas that make Indian food so appealing, and inspire you to add some spice to your everyday meals.

Come home with Meena Pathak, the creative force behind Pataks's, the world's most popular brand of Indian food. Her delicious and well-illustrated follow-up to *Flavors of India* features 100 recipes for authentic dishes she would prepare in her own kitchen, for family and friends. These simple, healthy, and delectable creations—made from readily available ingredients—dispel the myth that Indian cuisine is only about rich curries and complicated spices. With chapters on quick fixes, fast family meals, entertaining, and special occasions, Meena makes the cooking easy. The meals range from Spicy French Toast to Bombay Mixed Vegetable Sandwich to elaborate Smoked Lamb with Nutty Barfi. All the basics are covered, including storing and preparing spices, time-saving ideas, and cooking techniques.