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# Indian Cooking The Food and the Lifestyle

*Beverly Leblanc*

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**Beverly Leblanc : Indian Cooking The Food and the Lifestyle** before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Cooking The Food and the Lifestyle:

0 of 0 people found the following review helpful. Five StarsBy Yvonne W.love it!0 of 0 people found the following review helpful. Terrific Indian Cookbook!!By Mark LettermanI was introduced to Indian food about 30 years ago and have been attempting to regularly make it at home ever since. This is the BEST set of recipes I have found! Most are very flavorful, have easy to attain ingredients, and are "health aware" in terms of the amount of oils used. Favorites so far include "Tomato-Stuffed Eggplants," "Black Dal," "Okra Bhaji," "Sambhar," and "Tandoori Chicken" (which we grilled). As my daughter is reaching the age of living on her own, I'll be buying her a copy of this cookbook as one of the best (and very few) cookbooks she'll need.

Hardcover book. 256 pages of recipes and pictures. Includes many vegetarian dishes.