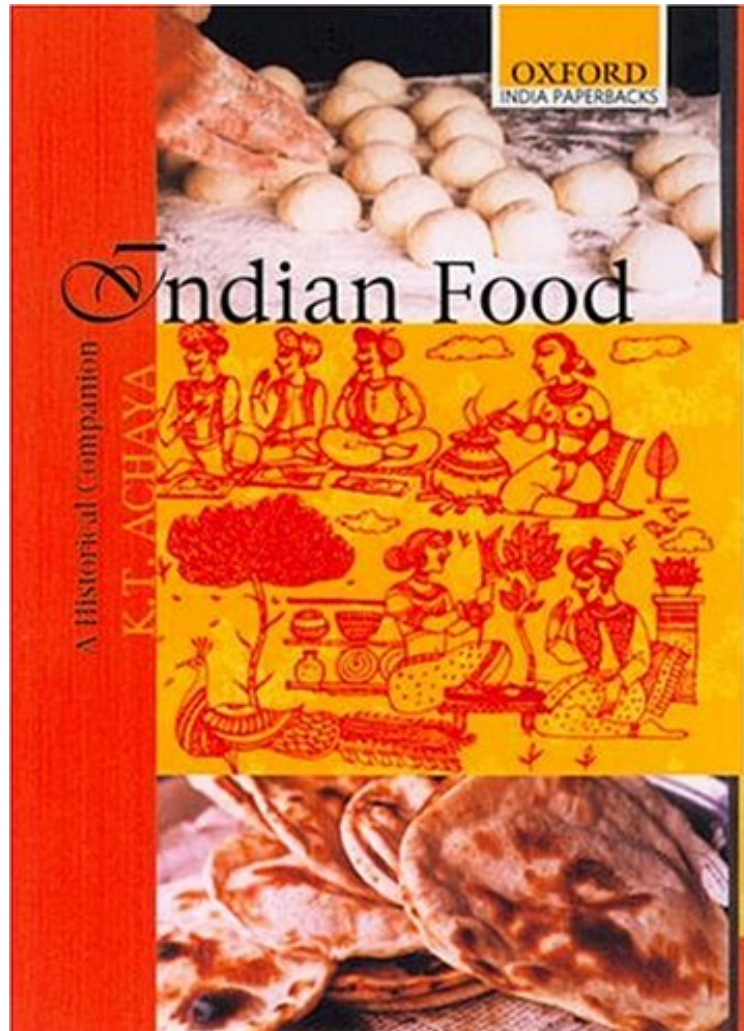


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Indian Food: A Historical Companion (Oxford India Paperbacks)

K. T. Achaya

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K. T. Achaya : Indian Food: A Historical Companion (Oxford India Paperbacks) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Indian Food: A Historical Companion (Oxford India Paperbacks):

9 of 11 people found the following review helpful. Excellent, thoroughly researched, enjoyable reading By A Customer The book is very well written, and very well researched with lots of references. It is all about Indian food. It is pretty comprehensive and focuses on the history and origins of various foods, food-related customs, cooking practices etc. There are lots of insights and relations to other aspects of culture. I found it fascinating and very enjoyable to read. Anyone with an interest in Indian food and culture should find it interesting, especially those who have lived in India. 4 of 8 people found the following review helpful. Detailed but a bit dry By N/A This is one of the

only books of its kind on a really interesting topic, but it's more of a scholarly survey than a fun read. That's too bad because it could quite easily have been both. It's also not a great introduction to Indian food itself, because, written in India by an Indian, it presumes a basic familiarity with various dishes and native foodstuffs. Still, if you are doing some type of research project or know a fair amount about Indian cuisine and just want some hard facts about the history of food preparation and consumption in India, this is the book for you.

The cuisine of India is as ancient as it is varied, and in this attractive, oversized volume, food expert A.K. Achaya captures the full range and history of the Indian diet, from prehistoric times to the modern era. An informative volume that boasts over 150 black-and-white illustrations (including line drawings, photographs, and maps) and fifty-five color photographs on twenty plates, *Indian Food* draws on archaeology, anthropology, literature, philology, and botany to cook up a smorgasbord of fascinating facts about this exotic fare. Achaya begins with the earliest food preparations of Paleolithic and Neolithic times. He covers the diet of the Aryans; examines regional cuisines; describes the customs, rituals, and beliefs observed by different communities and religious groups; and traces the gradual shift towards vegetarianism with the advent of Buddhism and Jainism. In thirty-three boxed sections, he takes the reader on various sidetrips, from the Indian use of Bhang (cannabis) and opium, to the history of ice cream, ranging from Marco Polo to Dolly Madison. With illustrations ranging from Neolithic cave paintings from Madhya Pradesh, to full color photographs of modern Indian foods, *Indian Food* offers a rich cornucopia of information on this flavorful and popular cuisine.

About the Author About the Author: K.T. Achaya is a renowned nutritionist who has written several other books on the history and culture of food in India.