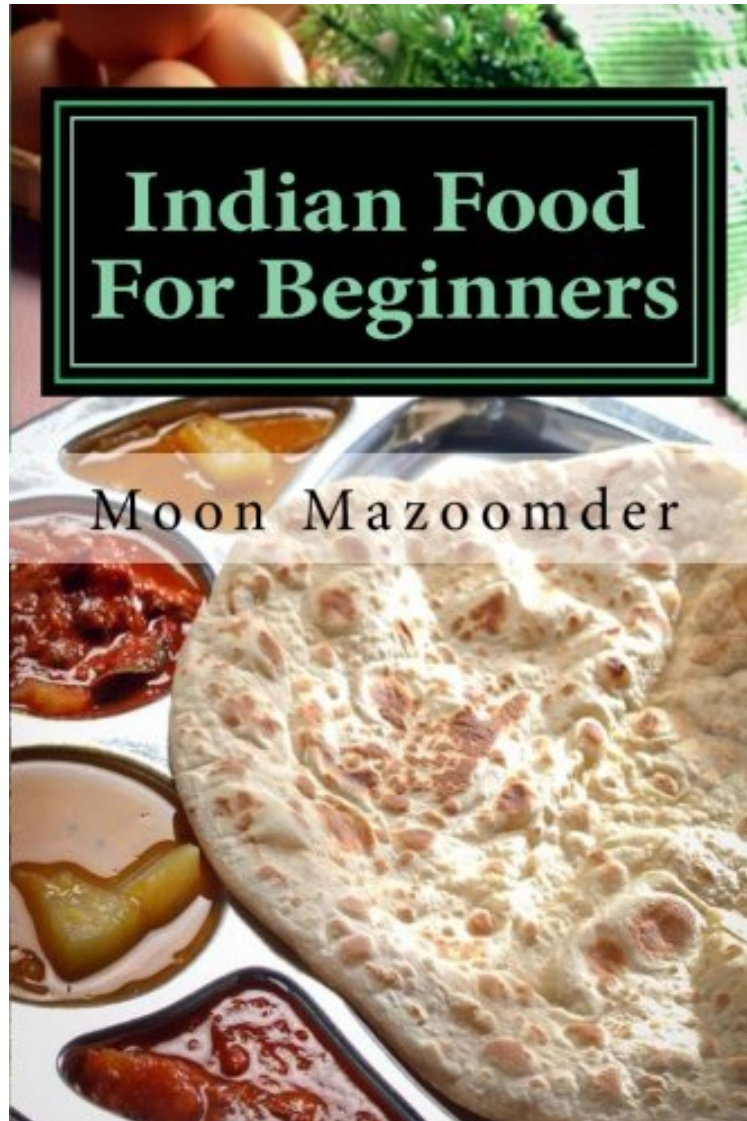


(Read now) Indian Food For Beginners: 24 Authentic Indian Recipes

Indian Food For Beginners: 24 Authentic Indian Recipes

Moon Mazoomder

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#6252240 in Books 2013-02-12Original language:EnglishPDF # 1 9.00 x .16 x 6.00l, .23 #File Name: 148253093764 pages | File size: 20.Mb

Moon Mazoomder : Indian Food For Beginners: 24 Authentic Indian Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Food For Beginners: 24 Authentic Indian Recipes:

11 of 11 people found the following review helpful. Authentic Indian recipes with beautiful photographs.By Kindle CustomerI've cooked a lot of Indian food in the last twenty years and have many print Indian cookbooks.This book is nothing if not authentic. Ms. Mazoomder, the author of this particular cookbook in the 'Cooking Penguin' series, does a very good job of explaining, in brief, the major regional differences in Indian cuisine. Her information about food

habits and customs, kitchen essentials (including spices spice mixtures used in different cuisines) are very helpful, particularly to someone new to preparing Indian dishes. I would have liked to see a little more information about cooking technique. I was very lucky when I was learning to cook Indian food (mostly Bengali cuisine, along with South Indian dishes) to be able to follow my mother- and father-in-law in the kitchen and observe their methods and write down their recipes. One important technique that is mentioned in a couple of recipes yet not elaborated upon is 'tempering.' Tempering is done to finish a dish and means that you heat up a small amount of oil (mustard oil, ghee, or vegetable oil, depending on dish and preference) and fry a small amount of spices which vary according to the recipe. This is then poured on top of the dish just prior to serving and is a very important step, particularly with daals, a soup-like lentil dish that is standard fare with just about every meal of the day in India. The first of the 24 recipes is for Pakora, or vegetable fritters as they would be called in the States. I can almost taste my father-in-law's pakoras! There are several vegetarian dishes as well as dishes that contain lamb, chicken, and fish. Nearly every recipe has a photograph, and some have photographs pertaining to preparation - very helpful! The proofreading could have been a little better, and I would have liked to see the ingredients listed instead of just separated by commas. These are pretty minor issues compared to all the other positive aspects of the book. I wish I could give it a 4.5!

3 of 3 people found the following review helpful. Indian Culture By Peggy A

The first half of the book, with information about the various regions of Indian, the culture and the types of food enjoyed, is very interesting, but it didn't seem to belong in a cookbook with such a small number of recipes. A nice feature is the hyper-linked table of contents. Another nice feature is that many of the dishes are pictured, along with little personal notes about the dishes inserted by the author. I am not crazy about the style used in the recipes (all of the ingredients are listed in a sentence format). Also note that some measurements haven't been translated from the metric system, so you might want to convert them before you begin cooking.

6 of 7 people found the following review helpful. Looks Pretty Lacks Substance Give It a Miss By 4N

bahu When looking for a cookbook that I want to keep, I look for several things. Does the book describe the types of ingredients that are being used? Are the amounts and directions specific? Are there any personal anecdotes about the recipes being shown? Are there pictures to show me how it should look? Does the recipe give a preparation time? Is the layout of the recipe easy to follow and preferably on one page. For the kindle there is an additional thing I look for. Is there a clickable table of contents? None of these are deal breakers. However, the more of the above questions that are answered in yes, the better chance of me purchasing it. I have been trying to find a good Indian cookbook for a thread that I post on. When I opened this book and read the beginning I become very excited. When I saw the pictures of the food I began thinking "YES, this is the one". When I saw the clickable TOC I thought it was a slam dunk. Then I started reading the recipes. The list of recipes is a mixed bag of staples and recipes from different areas of the country, (although many of the recipes seem to be from West Bengal, the mixing of regions make it difficult to make a complete meal. As to the items themselves in the veggie section which consists of 5 items 2 are eggplant based, 2 are lentil based and the last is cabbage. As for specific recipes, these are my comments

1. she should have discussed how to cut and prepare more vegetables for pakoras. Most households use potato, cauliflower, mushrooms, etc as well as the onions.
2. I have never heard of using parsley in their chutneys. Mint and coriander yes.
3. She says pressure cook the lentils, but doesn't say how long or what texture.
4. She doesn't tell you how to cook rice. She says cook separately. As this book is for beginners she needs to start from the beginning.
5. Poories should be made with whole wheat not all purpose flour.
6. For Kheer to make properly you need to reduce the milk or it will be too liquidy.
7. In Gajjar ka Halwa you saute the carrot mixture once you have boiled the carrot mixture until it is dry. You saute it until it takes on a darker color.

As I am not familiar with Bengali cooking I cannot comment on those recipes. Another issue I have with this book is the recipe format.

1. she lists the ingredients in a paragraph format
2. she is not consistent in her measurement mode, sometimes metric sometimes not.
3. when describing cooking methods she doesn't give times.
4. when describing what to serve a Kashmiri pulao w/ she said a goat curry, yet she didn't include a goat curry recipe in the book.
5. She has several pictures of thalis, yet none of them look like the contain any of the recipes included in this book.

I feel that as so many of the recipes come from West Bengal, I think the author should have created a Bengali Cookbook for beginner instead of mixing so many cuisines when it holds so few recipes. While I enjoyed reading the beginning of the book and liked many of the pictures, I feel this book is more like a recipe box from mom. It is not detailed enough to teach a beginner how to make Indian food. I do NOT recommend this book.

Are you a foodie? How many cuisines have you tried? Is Indian one of them? Do you love to eat Indian food but think it's too much time consuming to cook. So here is a new approach which will vanish all your hidden inhibitions in the kitchen. Presenting Moon Mazoomder's "Indian Food for Beginners" which will answer all your Indian kitchen queries. This book is an one stop guide regarding Indian food. All you need to know is in here. The book offers a tantalizing glimpse of Indian culture and food habits in addition to some very colourful and delicious recipes. The book covers some very interesting recipes from different parts of India which can be easily prepared at home. As Moon says Indian food is not only about spices, ghee and chilli. Indian food does not only mean Naan, Paneer Butter Masala or Chicken Tikka. There is a whole new dimension to it which still remains undiscovered. Indian food is delicious, wholesome and refreshing. You will never be bored of variety and flavours. Special emphasis is on cooking

vegetarin food. Indian cuisine offers an amazing array of vegetarian dishes which will spoil you for choice. Much more than your regular salad and fries. So here is your chance to explore the unknown and relish every bit of it. It's worth every bit of the penny you spend. So next time you entertain guests, let it be delightful INDIAN!!