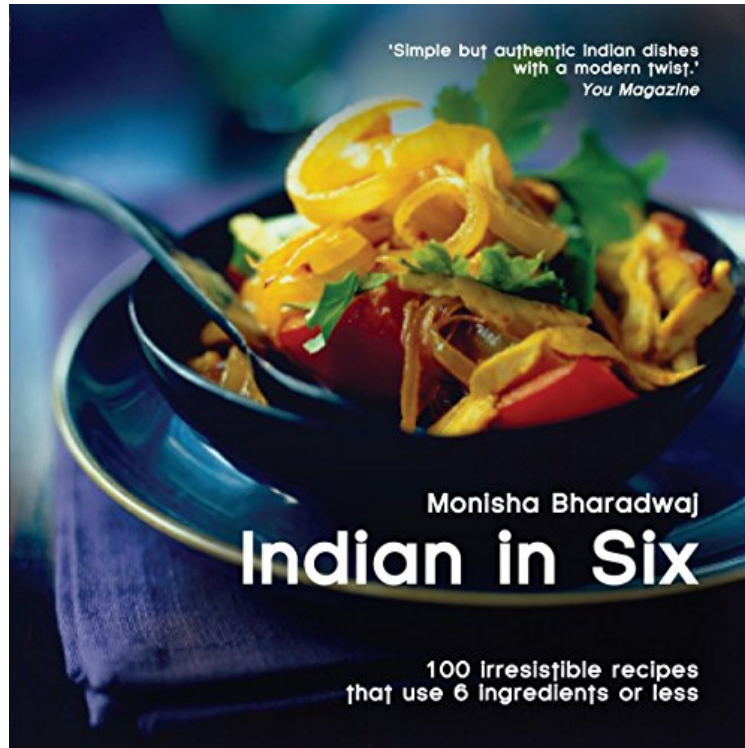


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## Indian in 6: 100 irresistible Recipes that use 6 Ingredients or Less

Monisha Bharadwaj

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**Monisha Bharadwaj : Indian in 6: 100 irresistible Recipes that use 6 Ingredients or Less** before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian in 6: 100 irresistible Recipes that use 6 Ingredients or Less:

1 of 1 people found the following review helpful. yummyBy EricGreat book! The food comes out like what I used to eat when I lived in India! Very easy to follow!0 of 0 people found the following review helpful. Four StarsBy Ian SchaferGreat recipes0 of 1 people found the following review helpful. Easy way to achieve complex flavorsBy Ohio FoodieThis cookbook lives up to its name, using very few ingredients to achieve excellent Indian dishes with the expected complex flavors. The instructions are clear and fairly simple, and I could find most of the ingredients at a regular grocery store.

If you want exciting, tasty and authentic Indian dishes, but without any fuss, this is the book for you! Monisha Bharadwaj has made Indian food simple, easy, fun to cook and absolutely delicious. Making delicious dishes using 6 ingredients or less, plus vegetable oil, salt and ginger-garlic paste, Monisha shows us how the simplest and healthiest cooking methods can bring out the rich flavours and exciting new tastes. Try a spinach and coconut soup or roasted aubergine in yogurt, chicken and coconut stir-fry accompanied by a wild mango and mustard salad or a Bombay pudding or a rose lassi.

From Publishers WeeklyMango, nuts, yogurt and sugar: blend and serve. For cooks intimidated by long lists of

ingredients, Bharadwaj follows her acclaimed *Stylish Indian in Minutes* with a second limitation: six or fewer ingredients. Her emphasis on just a few fresh ingredients allows even inexperienced cooks to tackle authentic projects from *Sviyan Usli*, a savory breakfast of rice noodles, nuts and spices, to fermented lentil dosas. Though she includes a few Northern specialties like *Chandi Kalia* (Creamy Silver Lamb Curry) and *Tandoori Murgh* (Tandoori-style baked chicken) that rely on pre-blended garam masala and tandoori spice powder, it is in the Southern Indian recipes that limiting ingredients becomes an asset. A punchy *Lasne Chitni*, coconut and garlic fireball relish, and Hyderabad *Baingan*, tangy chunks of fried eggplant with tamarind, provide flavors that transcend the short list of ingredients. Readers will also appreciate recipes that use easy-to-find ingredients in a new way, like *Makkai Tamater*, a sweet corn and tomato curry, and *Choclat burfie*, made of condensed milk and cocoa powder. The index lists types of dishes rather than sorting recipes by ingredients, making finding unfamiliar recipes difficult, and the distinction between relish and raita or salad, or between lentil and bean dishes and bread dishes can be confusing. But leafing through the book to find recipes is a pleasure—sexy photographs appear on almost every other page. Bharadwaj's flavors are complex, her instructions simple and the ingredients accessible.

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About the Author Monisha Bharadwaj is an award-winning author and food writer. Her book *Stylish Indian in Minutes* won the Guild of Food Writers' Cookery Book of the Year. Monisha contributes to several magazines including *Elle*, *Delicious* and *Food and Travel*. She appears regularly on UK TV and *Iron Chef* in the US. She runs her own cookery school [cookingwithmonisha.com](http://cookingwithmonisha.com)