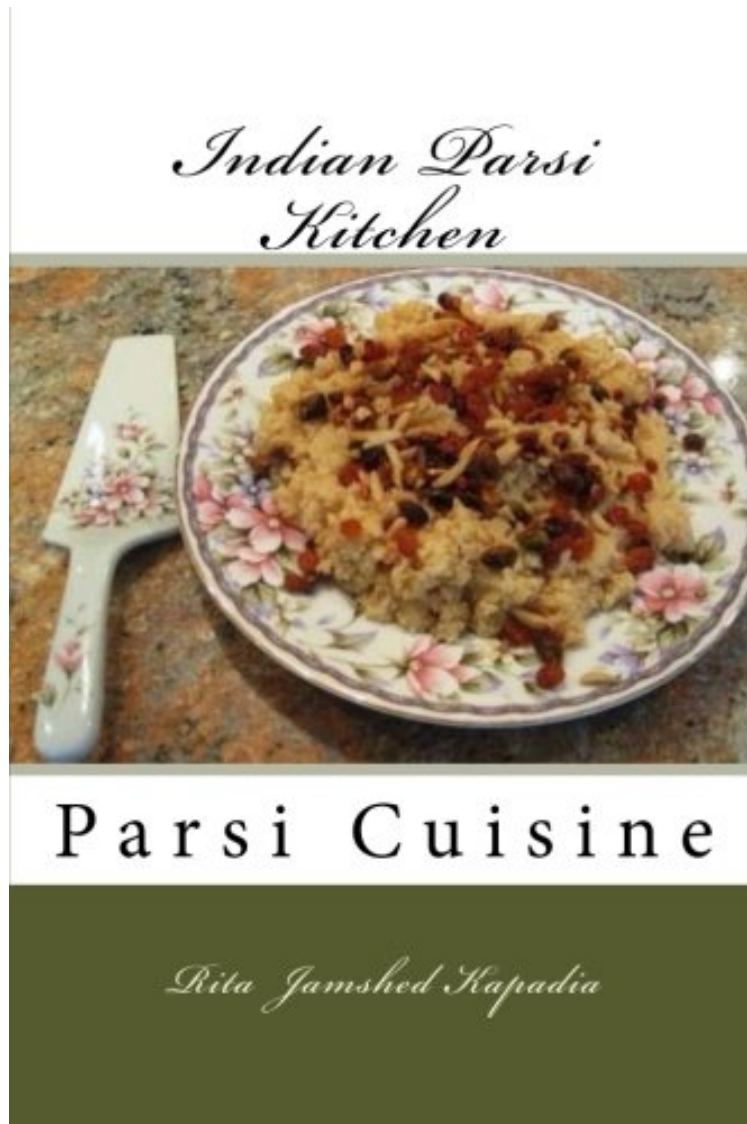


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## Indian Parsi Kitchen

*Mrs Rita Jamshed Kapadia*

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**Mrs Rita Jamshed Kapadia : Indian Parsi Kitchen** before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Parsi Kitchen:

This cookbook has the basics! You can use it to start a business in Catering. I have included easy-to-make Popular and Favorite Indian Parsi Recipes which are in demand for take-home meals or catering for large parties and events. Food dishes of Cutlets, Dhansak, Sali Boti, Dhan Dal, Pulao Dal, Fish Patio, Custard, Sev, Ravo, Chutney Sandwiches and

my famous Mitthu Dahi (homemade sweet yogurt). Bhakhras, Batasas and other items like Dar ni Pori (Pastry filled with sweet lentils and dry fruits) are in demand and will sell well if priced right. If you are adventurous and want to make your own pickles, chutneys and other esoteric dishes like vasanu go ahead. I hope this book inspires you to cook healthy wholesome food for your family and friends. It can be daunting while reading and seeing so many Ingredients in one dish, if you do not have one or two, don't worry go ahead and cook! How these parsi-indian flavors explode or soothe your mouth, mind and spirit is explained so you can prepare and serve the food successfully.

From the Author  
The cookbooks began in an effort to maintain and preserve our recipes and traditions for the next generation, many of whom have been raised in USA, UK, Australia, France, Germany, Canada and other countries outside of India. From the Inside Flap  
Parsi Zarathushtis from India have settled in North America and other continents making the land they live in their home. Adapting to the local produce available, Parsi Cuisine takes on a nuance of that local area. This style of cooking incorporates Indian, Persian, Asian, Mediterranean and other diets. This cookbook has Recipes with Historical background of Traditional Parsi Cuisine. Parsi, Persian and Indian Heritage background is given wherever appropriate. I have tried to emphasize how nutritious parsi-style of cooking is even now in the 21st century.  
From the Back Cover  
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