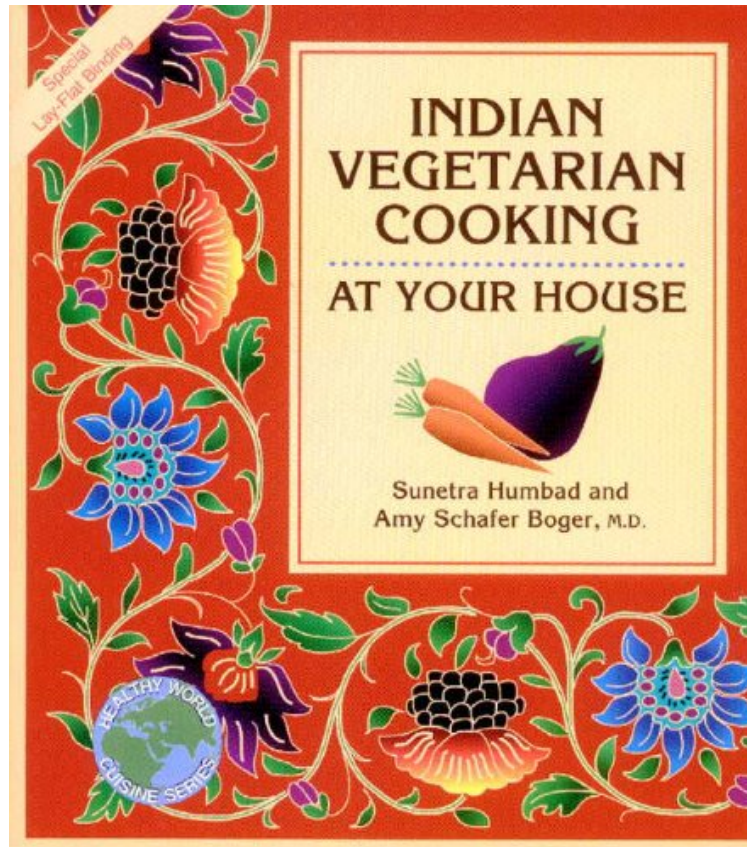


(Mobile book) Indian Vegetarian Cooking: At Your House (Healthy World Cuisine)

## Indian Vegetarian Cooking: At Your House (Healthy World Cuisine)

*Sunetra Humbad*

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**Sunetra Humbad : Indian Vegetarian Cooking: At Your House (Healthy World Cuisine)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Indian Vegetarian Cooking: At Your House (Healthy World Cuisine):

3 of 7 people found the following review helpful. UninspiringBy Jelena V.P. Not sure if it's a complete lack of pictures or even short explanations of the dish, but I find this book completely uninspiring. A good cookbook makes you want to jump up and cook something immediately, but for me this is not one of those books, unfortunately. For a vegetarian cookbook, it also has surprisingly few vegetable-based recipes, mostly with ingredients that might not be fresh at a local supermarket (eggplant, okra, "drumsticks"). At the same time way too much space is allocated to desserts (didn't care for any of them), snacks like "spicy popcorn" (do we really need a cookbook for this?) and chutneys. A somewhat decent section on breads is the only thing that's keeping me from getting rid of this book. 27 of 35 people found the following review helpful. Rather disappointedBy AddictI purchased this based on 6 great reviews. I love to cook and am a long-time vegetarian, but I've not found a good Indian cookbook and have little to no experience cooking Indian foods. Unfortunately, I just haven't had a good experience with the recipes in this book. Most of them seem to use the

same set of spices (hence, very similar tastes no matter what you make). I guess the recipes turned out OK, but not a winner. I thought this would allow me to make restaurant-quality Indian food (as it did for another reviewer), but it didn't. Just more fair-quality food. I liked one recipe with spinach and lentils but couldn't find a recipe for Naan, my chipatis didn't poof up like the recipe said they should, another lentil dish was rejected by my kids. You might be more experienced with Indian food and have better luck, but this cookbook was a disappointment for me. 28 of 28 people found the following review helpful. Light, tasty and doable vegetarian Indian food for the masses! By Karen Chung I am a vegetarian cookbook junkie, and the more exotic the better. I hesitated before ordering this one, since I already had so many similar books. But I think I have yuan2 (Chinese for "affinity") with this book. Today I was puzzling over what to do with a bunch of long green beans and four Asian eggplants. Sure enough, there's a recipe called "eggplant and green beans" in this book! I never would have thought of putting these two together myself, certainly not Chinese style, but this dish really worked. I guess lots of disparate ingredients meld harmoniously when stewed with tomatoes in the right spices. Two of the old reliables from this book I make again and again are mung bean curry, which is especially nice here, since mung beans are available everywhere in Taiwan; and carrot salad, with cilantro and peanuts. I plan to include it in this year's Christmas dinner - it is refreshing, delightful - and \*simple\*! The various halvas in the dessert section look mouthwatering as well. The success rate of dishes made from this book is 100% so far, so I will certainly continue to try new ones. We're lucky to have an Indian grocery in Taipei, but the ingredients for most recipes are quite simple and straightforward, once you have a stock of the basic spices. One little thing - you may need to get used to new terms for certain ingredients, e.g. "hing" for asafoetida. The cover is very pretty and perky, and the page design is clean and comfortable, though I feel the redundant listing of ingredients in the outer margin isn't really necessary. Another thing that endears me to this book is knowing it is the product of American-Indian cooperation, between two friends. No glamour shots of the authors for the book - they look like colleagues you'd like to have coffee with often! (Or maybe masala tea!) So, those of you who don't eat meat (or even if you do) and like healthy, easy-to-make exotic food on the light side: get this one. (It's really inexpensive besides! What more could you ask for?)

Learn the secrets of authentic Indian cuisine from native-born cook Sunetra Humbad. Most of the cooking methods, techniques, and ingredients in these recipes are basic and familiar.

Learn the secrets of authentic Indian cuisine from native-born cook Sunetra Humbad. With the collaboration of Amy Schafer, most of the cooking methods, techniques and ingredients in these recipes are basic and familiar. Each recipe has a separate listing of ingredients needed to make shopping and planning easier. Menu plans help put it all together. About the Author Sunetra Humbad was born and raised in southern India. After moving to America, she taught cooking classes and teamed up with one of her students, Amy Schafer Boger, to write this cookbook. They created recipes that were uncomplicated versions of the food of Sunetra's youth that used mostly Westernized techniques and cooking methods.