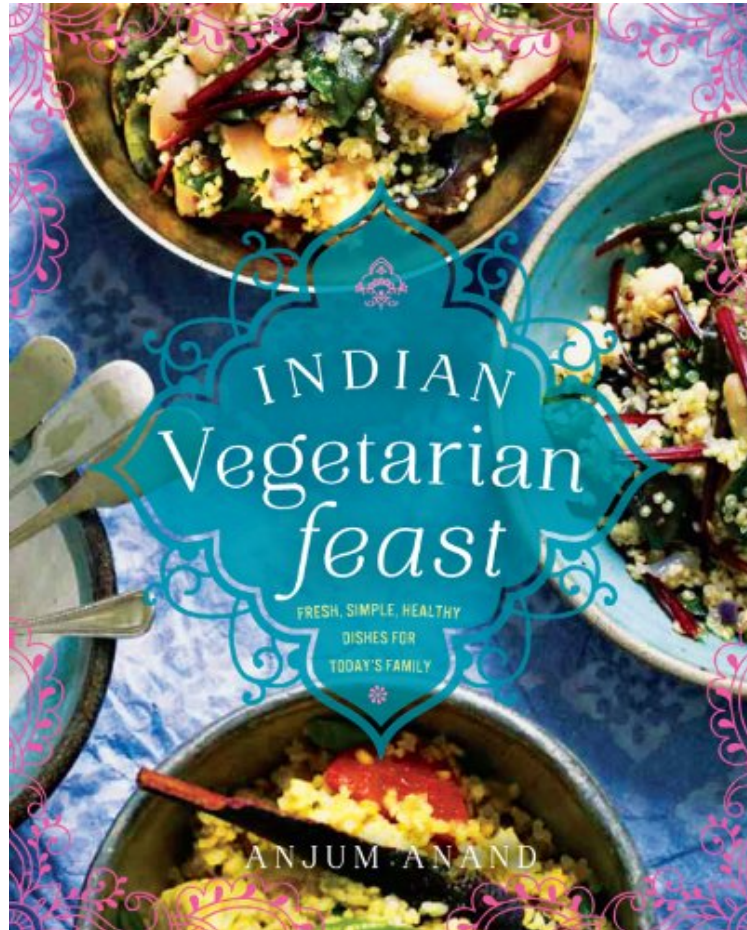


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# Indian Vegetarian Feast: Fresh, Simple, Healthy Dishes for Today's Family

Anjum Anand

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#531151 in Books Sterling Epicure 2013-04-02 Original language: English PDF # 1 10.27 x .89 x 8.211, 2.20  
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**Anjum Anand : Indian Vegetarian Feast: Fresh, Simple, Healthy Dishes for Today's Family** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Indian Vegetarian Feast: Fresh, Simple, Healthy Dishes for Today's Family:

2 of 2 people found the following review helpful. VERY NICE COOKBOOK By Linda Adsit This is a good cookbook. It has beautiful photos to please the eye and inspire the cook in you. A great coffee table book that friends will comment on. But it's more at home in the kitchen, haha. There are wonderful sounding recipes that I will definitely try. It's a great go-to for vegetarians. For others, it's a good book to have for Meatless Monday. On other days, I can easily add some chicken or lamb to most of the recipes and have a very healthy and satisfying dinner. I'm very pleased that I ordered this book. 6 of 7 people found the following review helpful. Beautiful book, but surprised to see eggs used in recipes... By Customer This really is a gorgeous book. Plenty of beautiful photos with some tasty looking dishes. I will

be returning my copy, however, as I hadn't realized that quite a few of the recipes call for eggs (no preview currently available on ), something I am not used to in Indian cooking. I'm sure substituting the eggs won't be a problem for most recipes, but for those with egg allergies and/or an aversion to eggs, you might want to try elsewhere. (For those with some experience with Indian cooking, my husband's favorite is *Dakshin: Vegetarian Cuisine from South India* by Chandra Padmanabhan. The recipes can be quite time-consuming, but the results are delicious.) 0 of 0 people found the following review helpful. easy to reproduce recipesBy CustomerLots of yummy, easy to reproduce recipes, very nice. The only problem can be finding all the ingredients in the rural US, but most of the recipes are easy to adapt.

With her genius for flavor, and India's long tradition of vegetarian cooking to draw upon, Anjum Anand has created a vibrant collection of recipes that belongs in every kitchen. She cooks up a feast of healthy, delicious dishes, from Spicy, Crisp Chickpea Pancakes for breakfast to Keralan Coconut Curry, Wild Mushroom Biryani, and the Best Ever Broiled Nan. Everything is mouthwatering and easy to make at home, from the most traditional street foods to Indian-spiced versions of Western favorites, like a veggie-friendly take on shepherd's pie. Whether you're a vegetarian or an omnivore, you'll find a dazzling array of meat-free options.

From Booklist London-based Anand (*Indian Food Made Easy*, 2012) explains that by birth she's a meat and vegan lover but by marriage a strict vegetarian. She eschews the fanaticism often associated with this kind of eating and instead promotes the flavorful and the exotic. Many of her recipes require unusual ingredients, hence there's a few early pages on stocking a pantry with beans, spices, grains, nuts, and seeds. Every one of her more than 100 dishes, each augmented by at least one color photograph, entices, including beet minicakes with radish and yogurt chutney, smoky spiced eggplants, spiced cottage pie, best-ever Bombay potatoes, and pomegranate soufflés with rose and raspberry cream. For those unfamiliar with Indian cuisine, she prompts and coaxes via sidebars (e.g., on how to prepare an artichoke and how to make paneer, the unsalted, crumbly white Indian cheese) and the recipe prefaces. As an example of her comments in the prefaces, there's this about delicate korma with cashews and apricots: "This is lovely and creamy but light enough so as not to overpower the vegetables, which stand proud. Korma was created for the Moghul palaces, using the most expensive ingredients of the time: nuts, cream, saffron, and dried fruit. . . . If you don't have any saffron, leave it out; the sauce will be less aromatic, but still lovely." --Barbara Jacobs "Every one of [Anand's] more than 100 dishes, each augmented by at least one color photograph, entices, including beet minicakes with radish and yogurt chutney, smoky spiced eggplants, spiced cottage pie, best-ever Bombay potatoes, and pomegranate soufflés with rose and raspberry cream. For those unfamiliar with Indian cuisine, she prompts and coaxes via sidebars (e.g., on how to prepare an artichoke and how to make paneer, the unsalted, crumbly white Indian cheese) and the recipe prefaces." —Booklist