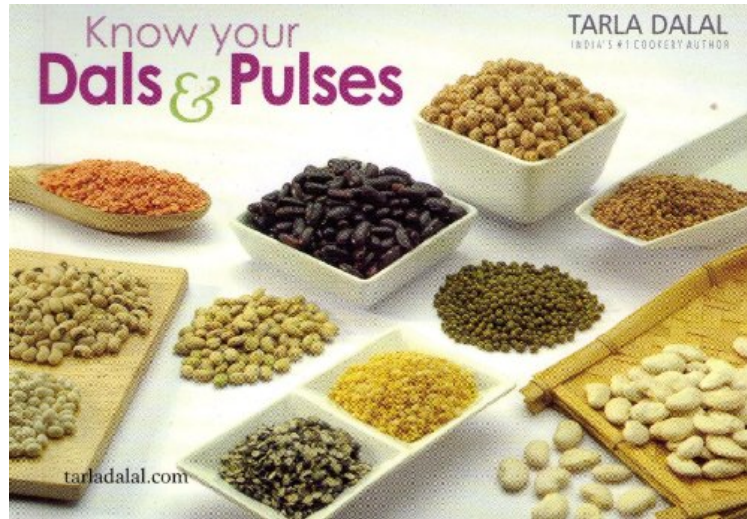


(Download) Know Your Dals Pulses

## Know Your Dals Pulses

Tarla Dalal

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**Tarla Dalal : Know Your Dals Pulses** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Know Your Dals Pulses:

0 of 0 people found the following review helpful. Excellent book By Autumn 1606 I highly recommend this book. Great and easy to follow recipes. I have used two recipes so far and I am very happy with the results. I just followed every step as laid out in the book and it turned out really great.

Although an exciting, inseparable and valuable part of Indian cuisine, dals are not given the attention they deserve. Many today do not even know the difference between common varieties like urad, moong and toovar let alone know about the rarer ones like haricot beans. Nor do they know that the repertoire of recipes that can be made with dals extends beyond the common dal-chawal and dal roti combos! This book is an attempt to demystify the world of dals and to provide detailed information and interesting recipes like Khatta Urad Dal, Dal pakwan, Masala Toovar for inexperienced as well as experienced food enthusiasts. Revel in the goodness of dals.

About the Author Mrs. Tarla Dalal is India's best-selling cookery author since over 2 decades. She has written a total of 100 titles, several of which have been translated in various languages like Hindi, Gujarati, Marathi, Bengali and even Dutch and Russian! The total sales of her cookery books exceed 3 million copies. Her first book *The Pleasures of Vegetarian Cooking*, which was published in 1974, was an instant success with Indian housewives. The book, which is considered a classic in cookery books, has sold a record 1,50,000 copies. Lately there has been a new addition to the list called the **TOTAL HEALTH SERIES**. These are health-related cookbooks with recipes and information on various subjects like *The Pregnancy Cookbook*, *Baby and Toddler food*, *Delicious Diabetic Recipes*, *Fast foods made Healthy*, *Healthy Breakfast*, *Healthy Soups and Salads*, *Cooking with 1 Teaspoon of Oil*, *Healthy Soups and Salads*, *Healthy Breakfast and Calcium Rich Recipes* has been her best-selling book recently. In addition to writing cookbooks, Mrs. Tarla Dalal also has a major web presence in the form of [tarladalal.com](http://tarladalal.com), the largest Indian food site.