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## Mantra: The Rules of Indulgence

*Jehangir Mehta*

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#1241271 in Books 2008-05-20 2008-05-20 Original language: English PDF # 1 8.00 x .72 x 8.00l, 1.44 #File Name: 0060899859224 pages | File size: 50.Mb

**Jehangir Mehta : Mantra: The Rules of Indulgence** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mantra: The Rules of Indulgence:

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Enter a world of adventure and indulgence in this exotic cookbook by the chef Bon Appeacute;tit has called "an anarchic artist of the last course."Renowned chef Jehangir Mehta has relentlessly immersed himself in creating inventive desserts and other dishes at his new Manhattan food and wine bar, Graffiti, and as the creator of the sumptuous confections for his online store and event-management company, Partistry. He draws endless inspiration from his Indian heritage and from ayurveda, the ancient science of health and medicine. Now, in this gorgeous book?, Mehta shares his holistic approach to refreshing the body, mind, and spirit through delicious recipes using only the purest and most beneficial ingredients. Wake up to the enticing aroma of fresh-baked Jasmine-Glazed Doughnuts or delectable Hazelnut Crecirc;pes with Caramel-Pine Nut Sauce.Delight in one of Mehta's celebrated flavor fusions: Salty Caramel Tapioca Tarts, Green Papaya and Persimmon Salad with Pepper-Coconut Sorbet, and Lime-Brushed

Melon Mille-feuille with Beet Sorbet. Enjoy Mehta's Persian Caraway Seed Cookies and Falooda with Fresh Strawberry Ice Cream, and experience the best of Mexico and India with a superlative Tres Leches Cake with Coconut-Curry Emulsion, Pears, and Almond. Whether you are preparing a spectacular feast for a dinner party or a simple dessert on a whim, you'll be inspired by the amazing range of ingredients in the book—;from the most common to the rather unusual. This captivating book is perfect for anyone interested in the intersection of the culinary arts and the restorative properties of nature.

“Mantra teaches the wisdom of a healthy, balanced dessert with style and sophistication.” (Dr. Mehmet Oz) “When the mere reading of a cookbook’s index is cause enough to linger, its author must be doing something right.” (washingtonpost.com) About the Author Vote now for Chef Jehangir Mehta to have his own show on the Oprah OWN Network! Jehangir Mehta is the chef and owner of Graffiti, a food and wine bar in New York's East Village, and the creator of Partistry, an event-management company featuring handmade confections, teas, chocolates, and hand-painted wedding cakes. He is a graduate of the Culinary Institute of America in Hyde Park, New York, and has been a pastry chef at some of the finest restaurants in New York City, including Jean-Georges, Mercer Kitchen, Union Pacific, Compass, Aix, and Sapa. He lives in New York City with his wife.