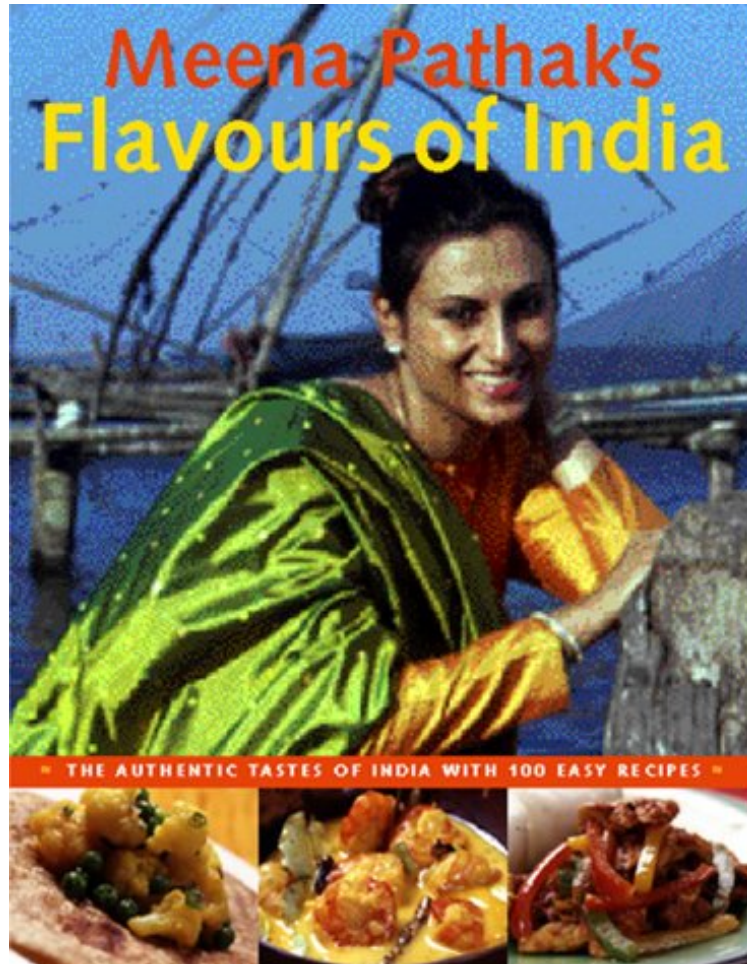


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## Meena Pathak's Flavours of India

*Meena Pathak*

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**Meena Pathak : Meena Pathak's Flavours of India** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Meena Pathak's Flavours of India:

0 of 0 people found the following review helpful. The go to cookbook for those who love Indian cuisine! By Customer This cookbook of Meena Pathak is a gem in the kitchen. My husband and I love to use this book when we have friends over for an Indian night. It's our 'go to' for Indian flavours. The ABSOLUTE best! You won't be disappointed; however, if you are, then you're not following the recipes correctly or not adding the essential 'love' ingredient into the meal. Thank you so much for the flavour. 5 of 9 people found the following review helpful. Not What I Expected! By A Customer I am an avid cooker of Indian food and have several great Indian cookbooks. This one was a major disappointment and a waste of money. Tried a number of recipes in order to make a proper assessment, did not like any of them. Recipes are simple and uncomplicated. However, flavours were unappealing and unexciting and did not vary much from one recipe to the next. After making about 6 recipes I gave up.

Indian food is growing in popularity, but people are often daunted by the complexities of balancing spices or worried that cooking Indian dishes at home may be time-consuming. Written in a personal style, this volume addresses both issues, presenting 100 fool-proof and healthy recipes for today's busy cooks (many taking just 45 minutes or less from start to finish). It is full of practical tips, as well as information on storing and preparing spices and lots of time-saving ideas. More than simply a recipe book, this is also a culinary journey as Meena recalls her memories of food and cooking among her extended family at home in India and in the UK, and introduces those special ingredients which are the key to authentic Indian cookery.

About the Author Meena Pathak OBE was born in India, the daughter of a professional family. She trained in food technology and as a chef with the prestigious Taj hotel group. In the late 1970s, she married Kirit Pathak and together they began to grow the family's spices and pickles company in England. Today, Patak's (they dropped the 'h') is the UK brand leader in Indian foods, exporting to over 40 countries. A glamorous and tireless ambassador for Indian cooking, Meena travels the world demonstrating authentic recipes as well as spending time in India researching new ingredients. Meena Pathak lives in Bolton, Lancs; this is her first book.