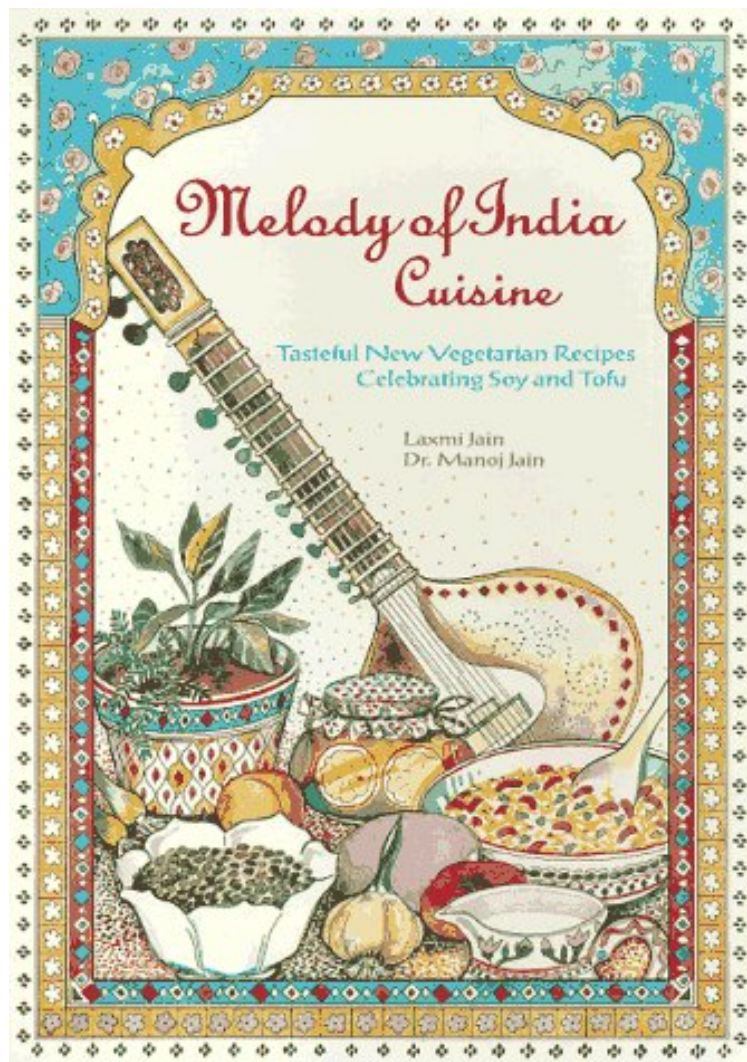


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Melody of India Cuisine: Tasteful New Vegetarian Recipes Celebrating Soy and Tofu in Traditional Indian Foods

Laxmi Jain, Manoj Jain

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Laxmi Jain, Manoj Jain : Melody of India Cuisine: Tasteful New Vegetarian Recipes Celebrating Soy and Tofu in Traditional Indian Foods before purchasing it in order to gauge whether or not it would be worth my time, and all praised Melody of India Cuisine: Tasteful New Vegetarian Recipes Celebrating Soy and Tofu in Traditional Indian Foods:

1 of 11 people found the following review helpful. Great book for Indian food freaks By A Customer While I must

admit to disliking Indian Food, this book goes a long way in changing my opinion. I am confused, however, to whom this book is targeted. On point of distress that I found about the recipes for this book was that they all tended to give me bouts of indigestion and gas. I suspect that this was due to the over use of soybeans. And when do soybeans get used in Indian food to begin with? See what I mean by confusion? That is why I rate this book a '6'. While the basic recipes are good, Manoj Jain tends to ramble on about soybeans. I don't care about soybeans when all I want is good food. 3 of 13 people found the following review helpful. Seen and Tasted Better than this one By A Customer I was sort of dissatisfied by this book. I thought that the recipes should have been nicer than they really was. I think that everything turned out a little bit dry, but I think that was my fault and not Mrs. Jain's. The introduction to this book also left me confused. There is another Indian food author, Dalal something, she is better. 2 of 11 people found the following review helpful. WOW! I keep gaining weight because of this book!! By A Customer Excellent book on Indian food. Too excellent in fact. My doctor ordered me to remove the book from the kitchen because I kept gaining weight from the recipes.

Healthful soy and tofu in traditional vegetarian Indian foods Here is a spectacular innovation in Indian cuisine: the vegetarian and nutritional virtues of soy (tofu, soy milk, soy yogurt, etc.) combined artistically in traditional Indian cooking. High nutrition and zestful taste! More than 150 innovative recipes are presented for curries, kookris, ghundis, parathas, pooris, raitas, chutneys, and more, offer new culinary and cultural horizons in food preparation. A nutritional analysis accompanies each recipe.

Melody of India Cuisine is a spectacular innovation in Indian Cuisines celebrating the vegetarian and nutritional virtues of soy, blended artistically in superb traditional Indian cooking with more than 150 innovative recipes including curries, kookris, ghundis, parathas, pooris, raitas, chutneys, and more! Clear instructions with explanatory drawings make it easy and interesting to prepare these wonderful dishes. A nutritional analysis accompanies each recipe. You can also make your own soy milks, tofu, and other delicious soy products at home. Melody of India Cuisine will make the palate sing! -- Midwest Book