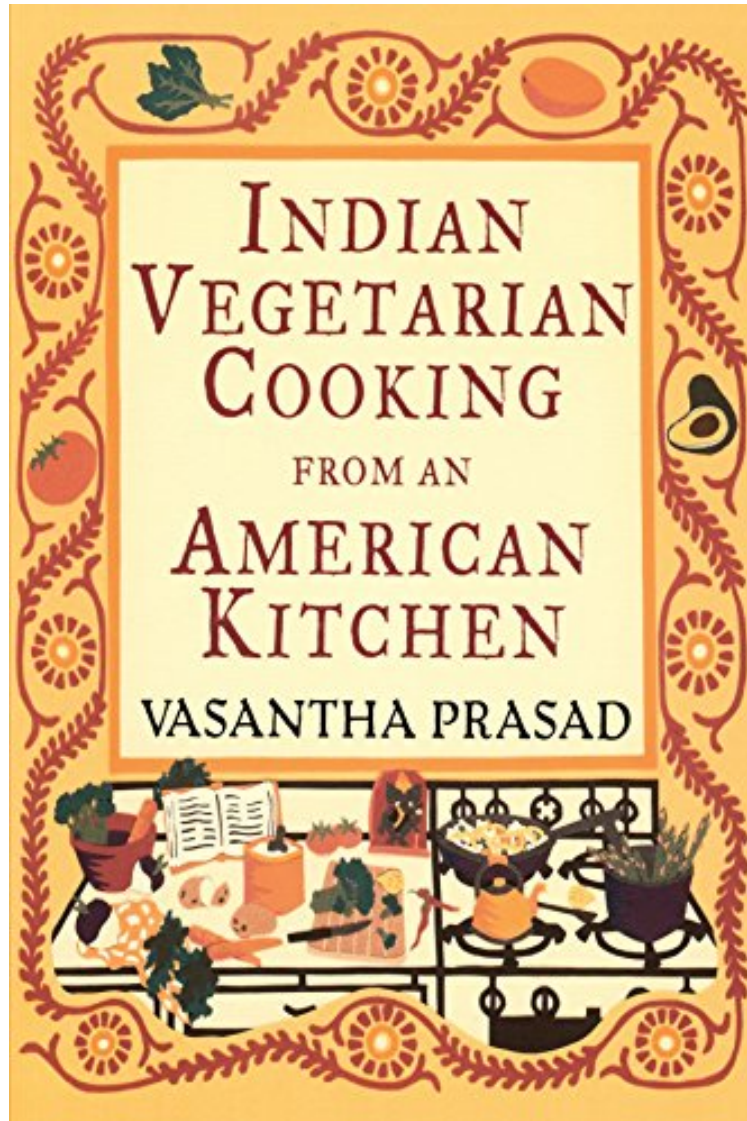


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Indian Vegetarian Cooking from an American Kitchen

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Vasantha Prasad : Indian Vegetarian Cooking from an American Kitchen before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Vegetarian Cooking from an American Kitchen:

0 of 0 people found the following review helpful. Five Stars By vicdow One of my favorite cookbooks. Simple and easy to follow. 0 of 0 people found the following review helpful. Vegetarian and Foods of India....Fantastic!!! By AnnaCooking foods of India, in an American kitchen can be quite an interesting journey. This book truly a great book

to have. The recipes are easy to follow, and they taste great!!! Highly recommend this book!!! 0 of 0 people found the following review helpful. Excellent Cookbook! By The Illustrated Home Librarian I love Indian food and have thus far relied on the excellent local Indian restaurants (other than a mix or two from the Indian grocery). This is just the book I was looking for! Will I make everything in it? Nah. But I certainly will enjoy many of the simpler dishes at home from now on. Yeah, I'm making my own korma and naan when I'm in the mood. I'm tired of plain old American lentil soup and am dressing up all my beans Indian style from now on. Most are very simple - once you know how! And the author explains how very clearly with both love and passion. A big plus is that she lists substitutions for hard to find ingredients. What's not to love? I am definitely going to give the various Salad and Veggie dishes (in combos I never thought of before) a go. An altogether excellent cookbook. While I read this as a library book, I'll have to buy the hard copy for a home cook book. While I don't mind writing down 2-3 recipes, this book contains just too many recipes that I want to try. My thanks to the author! Regional Indian Recipes from Bangalore, Southern India. Having visited Chennai (Madras) in Southern India for a month and traveled in a 4 hour radius of the city - I found each area had their own take on pretty much every recipe. Just like here in the USA where every family has their own favorite version of turkey filling or stuffing for Thanksgiving. Doesn't make it right or wrong - just different. So play with the recipes til they suit you. And of course as a North American, while I enjoy authentic Indian cuisine, I'm totally good with Americanized recipes too. Especially when I am serving less adventurous company.

Recipes include: Cucumber Pirogue, Spicy Potato Soup, Fruit Salad with Yogurt Cheese Dressing, Sautéed Eggplant and Bell Pepper Curry, Spinach with Homemade Cheese (Saag Paneer), Mixed Vegetable Korma (Navarathna Korma), Rice Pilaf with Cashews, Black Pepper, and Coconut, Vegetable Biryani, Basic Toovar Dal, Spicy Black-eyed Pea Curry, Chapatis (Whole Wheat Flat Breads), Parathas (Whole Wheat Flaky Griddle Breads), Aloo Parathas (Potato-stuffed Breads), Masala Dosa, Rava Idli, Minty Yogurt Drink, Sweet Vermicelli Pudding, Almond Milk Fudge

From Library Journal Sahni (Savoring Spices and Herbs, LJ 4/15/96) has already written the introduction to Indian cooking, her authoritative *Classic Indian Cooking* (1980). In her new book, however, which might be considered the "light" version of the earlier one, she presents simpler, more casual dishes in an effort to make Indian food seem unintimidating even to the novice cook. The recipes are uncomplicated? most have only three steps? and the headnotes are informative but very user-friendly. Recommended for most libraries. Prasad's book, on the other hand, written with more or less the same goal in mind? to make Indian vegetarian cooking accessible to busy family cooks? is rather disappointing. Some of the dishes don't seem particularly Indian, while many of the others can be found in any basic Indian cookbook, and the bland, "generic" headnotes don't add much ("Black pepper lends a special flavor to this okra dish"). Neelan Batra's *The Indian Vegetarian* (LJ 6/15/94) does a far more interesting job of combining Indian and American tastes and flavors. Copyright 1998 Reed Business Information, Inc. From Booklist For those intimidated by the complexities of Indian cooking, Prasad offers easy-to-prepare vegetarian dishes based on Indian models but with American simplicity and convenience always in mind. Prasad makes a lot of use of corn. Creamy corn on toast accents corn's sweetness with lime juice, and she spices it and adds color with both sweet and hot peppers. Her samosas make a great party appetizer, with traditional potato-and-pea filling perfumed with garam masala, ginger, coriander, and cumin. Prasad's version of nan, Indian flatbread traditionally baked in a clay oven, cooks first in an iron skillet before finishing under the broiler. Although these recipes with their Eastern spices may be unfamiliar, they are much more accessible to American vegetarian kitchens than are most other Indian cookbooks' offerings. Mark Knoblauch From the Inside Flap Recipes include: , Cucumber Pirogue, Spicy Potato Soup, Fruit Salad with Yogurt Cheese Dressing, Sautéed Eggplant and Bell Pepper Curry, Spinach with Homemade Cheese (Saag Paneer), Mixed Vegetable Korma (Navarathna Korma), Rice Pilaf with Cashews, Black Pepper, and Coconut, Vegetable Biryani, Basic Toovar Dal, Spicy Black-eyed Pea Curry, Chapatis (Whole Wheat Flat Breads), Parathas (Whole Wheat Flaky Griddle Breads), Aloo Parathas (Potato-stuffed Breads), Masala Dosa, Rava Idli, Minty Yogurt Drink, Sweet Vermicelli Pudding, Almond Milk Fudge