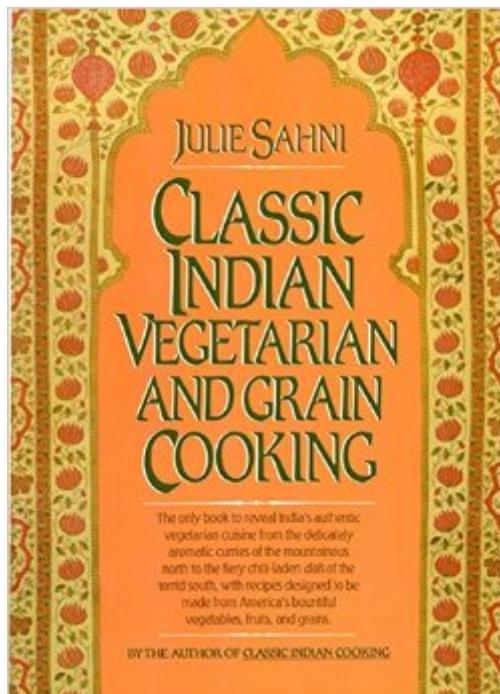


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# Classic Indian Vegetarian And Grain Cooking



## Synopsis

Julie Sahni's remarkable ability to make authentic Indian cooking accessible to American cooks continues to make her first book, *Classic Indian Cooking*, the definitive work of its kind. This is her long-awaited second book. To prepare it, Julie Sahni traveled extensively throughout the regions of her native India, to assemble a splendid second volume of Indian culinary delights. Whereas her first book explored the riches of Moghul cuisine, this totally new collection systematically reveals the never-before-described treasures of India's vegetarian and grain cooking. The book begins with a simple explanation of the ingredients and techniques characteristic of this cuisine. For the first time anywhere, Julie describes every classical blend of curry in the Indian tradition, with accompanying recipes on how to use them. From this book alone you will become master both of India's wonderful curries and of the many new varieties you will now know how to create for yourself. In addition to a thorough going mastery of cooking with curry, this book provides a complete experience of India's incredibly varied vegetarian and grain dishes. Try the heavenly spread of yogurt cheese flavored, with fresh herbs, a favorite of the Gujarati Jains. Be adventurous: make Steamed Rice and Bean Dumplings in Spicy Lentil and Radish Sauce, traditionally served as tiffin one of the great classics of Indian vegetarian cooking. Vegetarians, the super health-conscious, and meat eaters who want to vary their menu with exciting new dishes, all will want to sample the vegetarian masterpieces virtual one-dish feasts—that are the very heart of this book: Malabar Coconut and Yogurt-Braised Vegetables; Hearty Blue Mountain Cabbage and Tomato Stew; Baked Zucchini Stuffed with Vegetarian Keema and Bulgur; Madras Fiery Eggplant, Lentil, and Chili Stew; and so many many others. To accompany these dishes, Julie provides an abundance of chutneys, pickles, breads, rice dishes, dals, vegetable side dishes, yogurt salads, and volcanically hot condiments. Any time of the day you can snack or nibble on tasty foods that will contribute to your health but not your waistline: refreshing chats (salads without oil), a succulent array of fritters, kaftas, and kababs all ingeniously created from fresh vegetables, and a wide selection of crunchy savories from plantain chips to the irresistible giant papad (lentil wafer). Your sweet tooth is not neglected by India's vegetarian and grain cooking. Lotus Seed Pudding, kulfi (India's delicious ice cream), coconut dumplings, and Quick Glazed Carrot Halwa are only the beginning of the unbelievable assortment of desserts and sweets Julie Sahni's *Classic Indian Vegetarian and Grain Cooking* makes available to you. Plus divine recipes for lassi (yogurt drink), refreshing teas, and classic South Indian coffee. This invaluable and instructive book places India's ancient tradition of delicious vegetarian and grain dishes directly into your hands.

## Book Information

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## Customer Reviews

I can imagine becoming a vegetarian for reasons of social conscience, but it hasn't happened yet. I do, however, have vegetarian friends who tolerate my lack of enlightenment, and I do sometimes cook for them. On such occasions, if I feel like challenging myself, this is the cookbook to which I turn for inspiration. Julie Sahni offers clear enough descriptions of the tasks involved in classic Indian cooking so that anyone who's a halfway good cook in any other style can easily produce something delicious from her recipes. I never follow recipes exactly except when I use this book; I've learned from trial and error that whatever Julie says is right. The lessons she offers in nutrition - balancing grains with lentils and other pulses; using spices to aid digestion; conserving nutrients in the cooking process - are invariably worth learning. The cookbook begins with eighty pages of descriptions of the basic ingredients of Indian vegetarian cooking, especially the spices and spice blends. Julie tells us which spices can be ground or purchased ground in advance without sacrificing flavor, and which cannot. Lots of recipes in the newspapers, for instance, call for "garam masala" as if there were only one blend of spices under that name. Julie offers five quite different blends of aromatic and piquant spices, all regional garam masalas, and tells us when each is appropriate. Some of the best recipes in the book are for pilafs and hearty stews. Then there are clear instructions for making two dozen sorts of Indian breads and dumplings. Home-made chutneys, I can tell you, are way tastier than gunk from jars. Cauliflower stuffed with nuts and greens is one of my favorite showy dishes for company. How about 'tiny new potatoes smothered in fenugreek leaves?

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