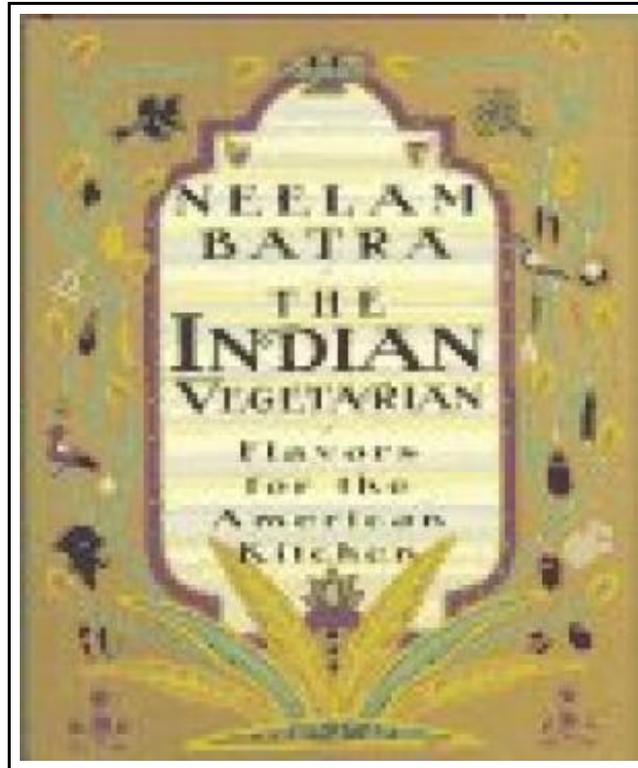# The Indian Vegetarian: Flavors for the American Kitchen

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Reviews

It in a of the best publication. It really is rally intriguing throgh reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

(Dr. Pat Hegmann)

THE INDIAN VEGETARIAN: FLAVORS FOR THE AMERICAN KITCHEN

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Macmillan, 1994. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The Indian Vegetarian features more than 300 recipes of the zesty meatless dishes Neelam Batra has cooked all her life. Batra translates India's wide range of vegetarian dishes for home cooks, combining authentic Indian spices with local produce and simple cooking techniques to create exciting, satisfying, healthful dishes, ranging from classics to originals. Following a primer on Indian spices and flavorings, The Indian Vegetarian features more than 130 recipes for quenching beverages like Sparkling Limeade, a savory array of appetizers and snacks, piquant salads such as Fresh Spinach Salad with Cumin Yogurt Dressing, and vegetables in all their glory - Pumpkin with Fenugreek Seeds, Royal Eggplant with Garlic and Spices, New Potatoes with Ginger and Cilantro, to name just a few. There are recipes for cooling yogurt dishes like Barbecued Zucchini in Yogurt with Sauteed Mustard Seeds, homemade low-fat cheese preparations, and hearty bean and rice recipes like Black-Eyed Peas with Garlic and Scallions, and Rice with Basil and Sun-Dried Tomatoes. There is also an extensive section on condiments, side dishes, and dressings including Hot and Sour Chili Pepper Chutney, and Cilantro Coconut Chutney. Sauces for vegetables (or meats if there are carnivores in the family) include Fresh Mango and Ginger Sauce, and Tomato Mustard Sauce. Luscious desserts like Cashew and Saffron Rolls and Orange Peel and Almond Cookies are a sweet coda. The Indian Vegetarian is one of the most complete and satisfying books of its kind on the market.Praise for The Indian Vegetarian:"Congratulations to Neelam! She has written a comprehensive book on the fascinating tradition of Indian vegetarian cooking. By combining the bright palate of fruits and vegetables available to us today with her knowledge of traditional cooking techniques learned in India...

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