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Mridula Baljekar

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised 30-Minute Vegetarian Indian Cookbook (The 30-Minute Vegetarian Cookbook Series):

2 of 2 people found the following review helpful. Fabulous Recipes By Safe Mommy My Indian husband LOVES the recipes I cook out of this book. The author suggests shortcuts, but you can always boil your own chickpeas if you want to. :) 19 of 21 people found the following review helpful. For vegetarians with limited time, this book is tops! By A Customer My family and I became vegetarians recently. We had already decided that Indian cuisine was not only very tasty but also very healthy. I ran across this book purely by accident and have been giving it and recommending it to friends ever since. It takes me more than 30 minutes (more like an hour) to make a whole meal: rice, dahl, vegetable dish raita, although, with my son helping we can do it in less time, each of us working on two dishes at a time. This is about the length of time I used to spend preparing a non-vegetarian and much less interesting meal. We haven't started making our own bread, but Mridula gives good alternative suggestions. Most of the ingredients are available locally and for someone new to Indian cooking it is very easy to get started. I especially like the suggestions she gives at the beginning of each recipe for other dishes to serve. As far as I am concerned, this book is a must for every vegetarian's bookshelf. 7 of 10 people found the following review helpful. Yucko Stinko! By Carrie Beth I *love* Indian food. If anyone leaves the choice of restaurant up to me, we dine Indian. I even like NYC's Indian "fast food" eateries, and

canned or boxed Indian foods. I'm addicted! I am also a gourmet cook; people always beg for my recipes. But the ones from this book were so bad that I finally threw the book away. They also weren't very Indian, calling for such ingredients as canned baked beans and potato chips. There are many, many wonderful Indian vegetarian cookbooks, most of them available right here on . Don't waste your money on this one!

Baljekar has adapted over 100 traditional Indian dishes especially for the vegetarian. Time-saving tips and pantry checklist

From Publishers Weekly British columnist and cookbook writer Beattie (*The Table of Content: A Vegetarian Dinner Party Book for All Seasons*) has come up with over 100 meatless Mexican soups, main courses, salads, snacks and desserts to be prepared quickly. Savory offerings include chili-spiked chickpea soup, *Sopa de Garbanzos*; tomato-tortilla layered Mexican Lasagne; and eggplant and roasted pepper Fajitas. Desserts are highlighted by super-fast coconut ice cream (*Helado de Coco*), prepared with canned coconut milk, corn syrup, half-and-half and flavored with rum. The use of canned corn or canned creamed corn--called for in *Corn Soup*, the corn-based stew, *Pepian*, and *Mexican Corn Pudding*--may strike American cooks as somewhat odd, but when speed's the issue, such products can be a blessing. Occasionally other British usages (e.g., "Blacken the tomato skins") might give pause to inexperienced American cooks, but many of Beattie's selections will please adventurous palates--and beat the clock. (July) FYI: This book and a simultaneous publication, *30-Minute Vegetarian Indian Cookbook* by Mridula Baljekar (\$21.95 176p ISBN 0-88001-600-0), launch Ecco's new ethnic *30-Minute Vegetarian Cookbook* series. Copyright 1998 Cahners Business Information, Inc.