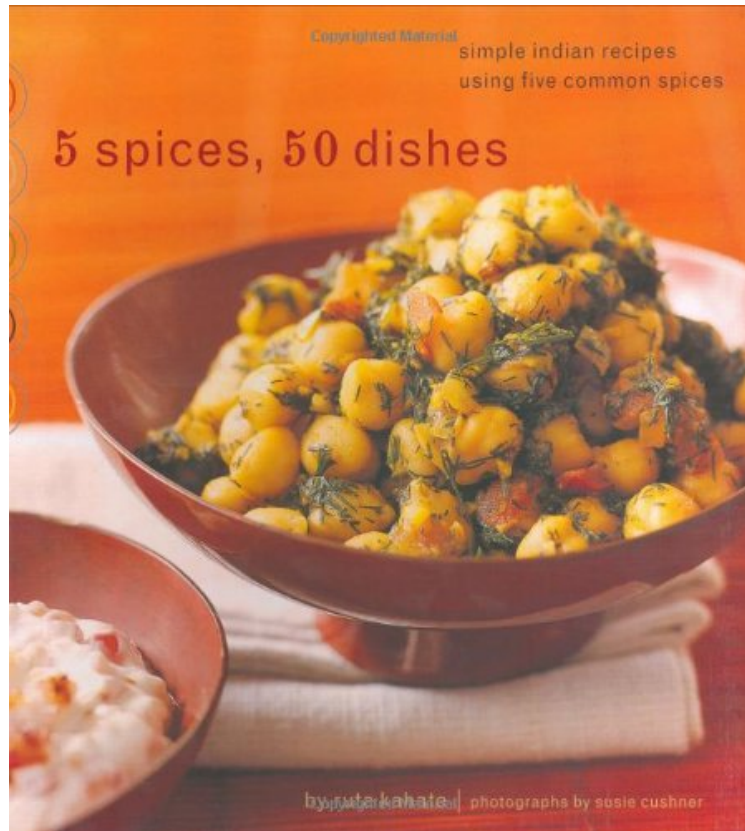


(Library ebook) 5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices

5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices

Ruta Kahate

*ebooks / Download PDF / *ePub / DOC / audiobook*



DOWNLOAD



READ ONLINE

#185163 in Books Kahate, Ruta/ Cushner, Susie (PHT) 2007-05-31 Original language: English PDF # 1 8.75 x .50 x 8.131, 1.12 #File Name: 081185342X132 pages | File size: 64.Mb

Ruta Kahate : 5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices before purchasing it in order to gage whether or not it would be worth my time, and all praised 5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices:

3 of 3 people found the following review helpful. Best cookbook ever! By britishstar This is my favorite cookbook of all time! I've had this book for about 5 years now, and I buy this routinely for wedding gifts. Make sure you read the front matter, don't just jump to the recipes, because she gives a great (and simple!) background on how to start out cooking Indian food, and the technique for making the base for most of the dishes (tadka). Wonderful for Americans like me who love Indian food but don't even know what cardamom is... I haven't tried all the recipes yet, but my favorite, hands-down, is the "Lamb Meatballs in Spicy Malabari Curry". Absolutely divine! I substitute ground turkey for the ground lamb, but I've tried lamb, beef, and chicken in the past and it always turns out great. If you love Indian food but aren't Indian, this book is for you! 2 of 2 people found the following review helpful. I LOVE this cookbook! By LittleMissCookin' This book was a total impulse buy that I have actually used and loved. Where you often have a cookbook with a few recipes that you like and a lot of duds, every single one of the recipes I've tried (I've made at least half of the recipes in this book) have been FABULOUS. I always get compliments on the curries I make for

friends or side dishes I take to potlucks. The directions are straightforward and easy to follow. These recipes (like most Asian cooking) don't take much cooktime--great for people like me who don't want to spend two hours in the kitchen after working all day. I'd recommend this book to anyone who loves good food or simply wants to be thought an excellent cook without all the WORK!5 of 5 people found the following review helpful. An Excellent Indian Cookbook for BeginnersBy Richard Wolf Wong4.5 stars for this book.I always appreciate foods and like Indian dishes a lot. They are very flavorful. However, like most people, I found Indian cuisine very intimidating to learn. It is so different from other cuisines and frankly no other cuisines can match Indian foods in term of using spices. For a long time, I had been in this "reluctant" mode. I told myself that one day I will learn to cook Indian and of course this dragged on for a long time -- until this book. The title of this book completely grabbed my attention and the reviews convinced me to buy it.The recipes in this book are easy to follow and the ingredients are easy to find. I have cooked through about 70% of the recipes and many I have repeated 2-3 times. Truly, the five basic spices (grounded turmeric, grounded cayenne, cumin seeds, coriander seeds and mustard seeds) are the stars in this book, and they can help turn out some decent Indian foods. These are not elaborated restaurant Indian dishes. Rather, they are simple Indian home cooks. They are simple and yet tasty. The instructions are easy to follow and personal -- not too wordy but not too dry. What I also like about this book is that there is a wide variety of dishes: vegetables, dals, beef and lamb, chicken and eggs, seafood, salads... . About 1/3rd of the recipes have meats and seafoods. Granted the inclusion of so many meat dishes make this book less authentic, the recipes fit perfectly for most Americans. The photos are beautiful. Unfortunately, only about 2/3rd of the dishes have photos. Finally, I agree with some of the critics. The book is not well-bounded. Mine also fell apart in less than 6 months of use. Fortunately, the pages stick to each other well. It is the attachment to the book cover that is weak. This is an easy fix with a simple glue.

The premise is simple: with five common spices and a few basic ingredients, home cooks can create fifty mouthwatering Indian dishes, as diverse as they are delicious. Cooking teacher Ruta Kahate has chosen easy-to-find spicescoriander, cumin, mustard, cayenne pepper, and turmeric to create authentic, accessible Indian dishes everyone will love. Roasted Lamb with Burnt Onions uses just two spices and three steps resulting in a meltingly tender roast. Steamed Cauliflower with a Spicy TomatoSauce and Curried Mushrooms and Peas share the same three spices, but each tastes completely different. Suggested menus offer inspiration for entire Indian dinners. For quick and easy Indian meals, keep it simple with 5 Spices, 50 Dishes.

About the AuthorRuta Kahate teaches regional Indian cooking from her home-based school in Oakland, California, which has been featured on the Fine Living Network.Susie Cushner is a Boston-based photographer whose work can be found in many cookbooks, including Martha's Vineyard Table and The New England Table.