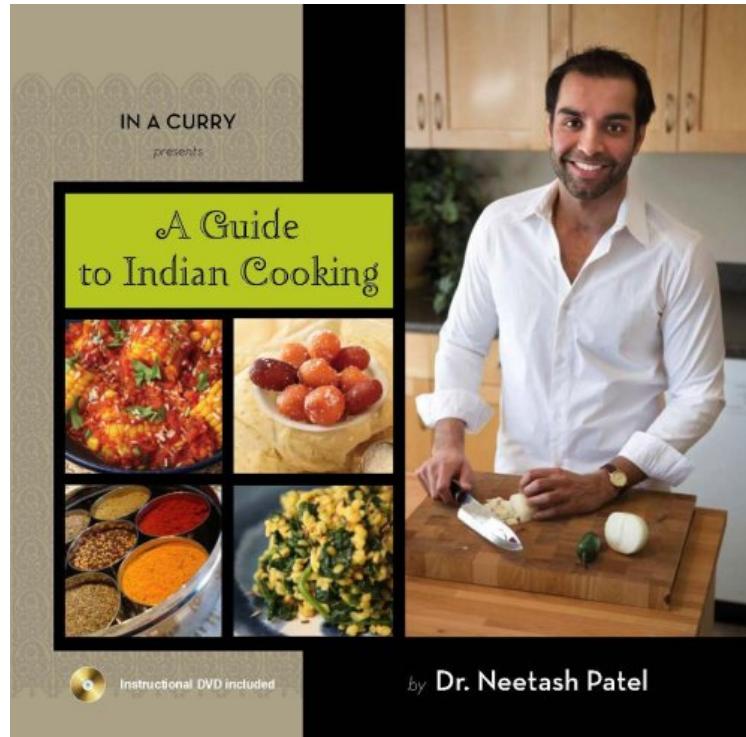


# A Guide to Indian Cooking

*Dr. Neetash Patel*

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**Dr. Neetash Patel : A Guide to Indian Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Guide to Indian Cooking:

0 of 0 people found the following review helpful. Great addition to any Indian Cooking Repertoire !!By MoeGreat cookbook for Gujarati Cooking !! Highly Recommend it.0 of 0 people found the following review helpful. If you buy one Indian cook book make it this one!By ARBPerhaps it helps that I have lived in the areas of Canada that the author grew up in. The freezing cold winters he describes as he takes you on a wonderful journey through his childhood food experiences are some I can certainly relate to. Chefs always tell you to cook from the heart but, being South African by birth, I have, understandably, not been able to ever cook Indian food from the heart until we discovered this book. I must warn you though, that you will often times find yourself distracted, reading it like a novel as the author beautifully describes how his mom lovingly prepared their family meals. How the whole family got involved to help do their bit towards what must have been one of the most exciting households in Canada to live in from a culinary perspective. You can almost see the food being cooked and feel the excitement and anticipation of the family as Mom puts together another favourite. Your mouth waters and you long to have been there. Anyway, back to the recipes. There are some splendid dishes in this book and, as with all Indian cooking, some spices you do not have at home are required. I don't know if it still comes with a selection of spices, but ours did and that was a great touch. I find it frustrating cooking Asian foods from a cook book at times because you can rest assured there will be something that you ask yourself: "Now where on earth will we get that?". So it was nice to have a selection of the basics included with the book. In fairness though, there are so many fantastic Asian food stores in even the smallest of towns around the world that if you want it you will find it quite easily.On the downside, we find it a little frustrating when a cook

book tells you to use a "Package of spinach" without specifying a measurable quantity, or one cup of mixed vegetables. How long is a piece of string? I hope that in future editions this is taken care of. Authors of cookbooks should remember that it is mostly us amateur chefs that buy their books and without prior experience it's easy to over or under estimate a quantity which could make the difference between a great meal and embarrassing and abstract failure. We need to be told everything. Overall, we love the food in this book. We have created so many wonderful dishes over time and, quite honestly, we have impressed even our Indian friends with some of our efforts. I strongly believe that they always turn out great because you feel so inspired by the wonderful way they all remind you of those great times you had around food in your own childhood as you read the history behind the dish the author presents to you in the pages that follow. Our book has traveled with us to Australia where we now live and have our own little family with two beautiful children who are growing up in a household of great food experiences. The dishes within are still popular, with us and whomever we serve them to on occasion. It beats a "shrimp on the barbie" by far! I appreciate that I haven't been very specific about the dishes in the book, that is for you to discover. For me food is an experience, not just the flavour or texture, but where you consume it, who you shared it with or where you enjoyed it. Most cook books create a desire to consume the dishes within, this book just simply makes you want to create good times with the people you love and that is why I recommend it so highly. And yes, the recipes are great! Buy this book and try it. Even if you aren't able to recreate the dishes to what you expect them to be, you will find inspiration for all of your cooking, whatever the cultural origin, within this kitchen companion. Passionately written and by far our favourite (Indian or otherwise) cook book, I am quite certain that it will be one of your favourites! 0 of 0 people found the following review helpful. A colorful culinary delight By Jig8A wonderful journey through the world of Gujarati cooking seen through the eyes of a Canadian born Indian.

The world is falling in love with Indian food and it is easy to see why...amazing flavours, outstanding colours, huge health benefits and a menu as vast as your imagination. Over 100 of your favourite (or soon to be) recipes that really get you into an Indian state of mind. Easy to follow, mouthwatering pictures, cultural family stories along the way, plus a spice, lentil unusual vegetable index. BONUS DVD included giving over 3 hours in 26 step-by-step recipe demonstrations to make sure you are never alone in the kitchen. Partial proceeds of sales fund 2 annual scholarships plus a variety of random acts of kindness. Please visit our website to witness the world you are helping to change.

About the Author Officially dubbed 'the kitchen guru' Dr. Neetash Patel has been cooking for the masses for over 15 years. His passion for food, family, creativity philanthropy is evident throughout his cookbook. In the 90s, Dr. Patel catered his way through university chiropractic college. He currently resides in Canada where, in 2002, he has established ADJUST YOUR HEALTH, a multidisciplinary sports family health care center. In 2004 he began the IN A CURRY cooking school, teaching 100s the joy ease of ethnic cooking. Simple, homemade and flavourful. He continues to do private catering by request only. In between writing books treating patients, Dr. Patel frequently lectures at post secondary colleges, writes for national magazines, is a self-confessed gym rat currently training for Ironman and an avid adventure traveller. Dr. Patel is privileged to feel that he inspires others to see beyond their own shadow and encourages everyone to share their talents with the world.