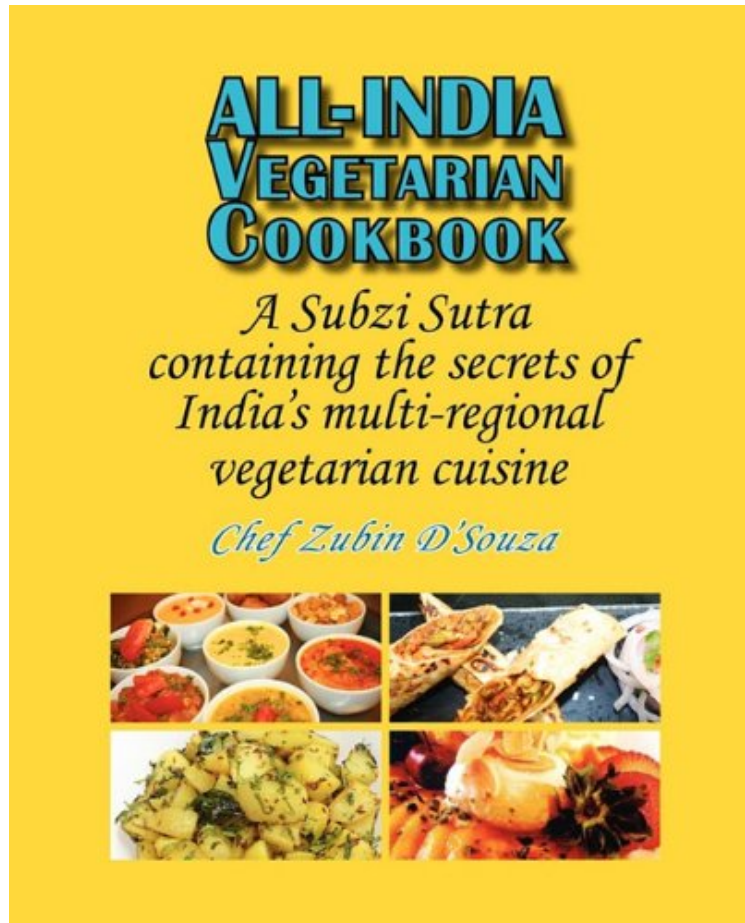


[FREE] All-India Vegetarian Cookbook: A Subzi Sutra containing the secrets of India's vegetarian cuisine

## All-India Vegetarian Cookbook: A Subzi Sutra containing the secrets of India's vegetarian cuisine

*Zubin D'Souza*

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**Zubin D'Souza : All-India Vegetarian Cookbook: A Subzi Sutra containing the secrets of India's vegetarian cuisine** before purchasing it in order to gage whether or not it would be worth my time, and all praised All-India Vegetarian Cookbook: A Subzi Sutra containing the secrets of India's vegetarian cuisine:

1 of 1 people found the following review helpful. This Is The Vegetarian Cook Book You Want To BuyBy Helene LiuChef Zubin's latest book is a true delight! I have read and loved his previous books ('Veda' and 'Khana Sutra, an Aphrodisiac Cook Book/Khana Sutra/An Aphrodisiac Cook Book), and this one surpassed my expectations.The thing is, Chef Zubin is not only an accomplished chef (which is expected), but also a talented writer (which comes as a real bonus, considering that this is... well, a book!) Apart from the mouth-watering recipes, this 'Subzi Sutra' is full of surprising stories (I think, most of them true :-)) gathered first hand during his numerous trips around India, interesting facts, and pieces of knowledge that give (vegetarian) flesh to the book.Reading through, you'll discover how some of the local customs came to be, where vegetarianism originates from, what it means precisely and how it is different

from say "freeganism", where to find the groceries you need for Indian cuisine (most of them at your local supermarket), etc... I loved the very well documented chapter on spices which tells you everything you need to know about one of the most mysterious ingredients of Indian cuisine (at least for non-Indians). Not only that, but Zubin's uniquely witty writing style will ensure that you have real fun as well, and could possibly even laugh out loud like I did a few times. The book also presents a short informative chapter on several basic ingredients of Indian Vegetarian cooking (oils, ghee, chilis, rice etc...) Chef Zubin is also well versed in Ayurveda, the 5000 year old Indian medical science, and even though it is not the main purpose of the book, there are several references to the principles of Ayurveda. And I don't know about you, but I do like a chef who knows how to keep you healthy! The number of tempting recipes there will convince any non-vegetarian (like me) that you could happily go vegetarian and still eat a different meal every day. They are also very clearly explained, and all of them are REALLY easy to prepare (which is a real bonus). Amongst others, I love the okra in bengali mustard sauce and the onion-pepper soup for summer. Since I bought the book, I have tried not to look at the dessert section, not that they don't look good (nooooo!) but despite Chef Zubin's reassurance, I do not believe there's only one calorie per dessert. Shall I mention that Chef Zubin also shares with you 'a few of the deep, dark secrets held by chefs, that only some of you will have found elsewhere'? Finally, the last but most compelling (and for some, only) reason why you should buy this book, is to discover Chef Zubin's own deep and dark secret of which I can say no more than it involves him and Alicia Silverstone... Read the book if you want to know more.

More than 150 recipes with both American and European measurements, this book draws its great-tasting recipes from throughout India. A corporate chef, and a past participant in OCLD, India's internship more difficult to get into than Harvard Law, Zubin D'Souza has worked all over the world and traveled much of India to bring to this book the best of India's regional vegetarian cookery that he has elevated to classic form, refining each recipe to reveal nuance that regional cookery usually doesn't convey. There are whole chapters on chilis and spices; how to stock a useful Indian spice larder and where and how to buy the staples to fill it; you will find treatises on oils and ghee, rice, how to eat "Indian style," what kinds of curries come from where, what special equipment is needed (almost none); and Zubin D'Souza even answers the question: Do Indians eat soup? Having been collected regionally, many recipes are found in no other cookbook. Be the first on your block to prepare lentil dumplings in mustard sauce!