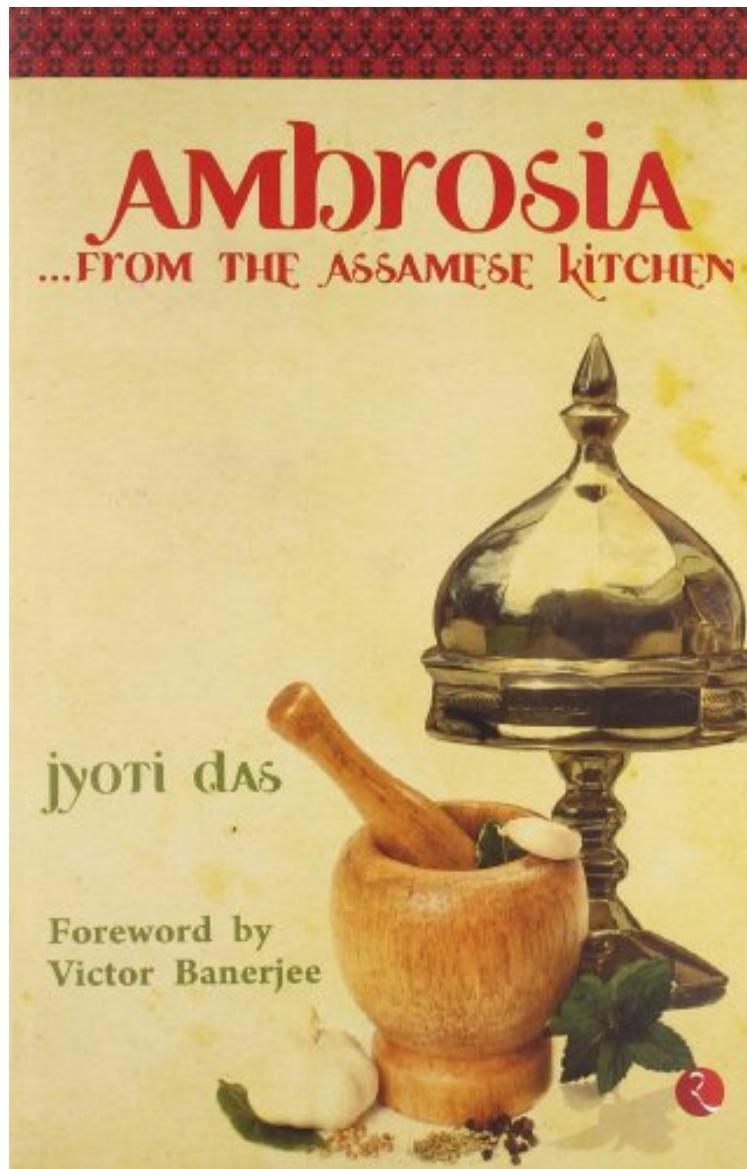


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Ambrosia: From the Assamese Kitchen

Jyoti Das

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Ambrosia... From the Assamese Kitchen presents an array of delectable dishes that reflects the variegated hues of the

culture of Assam. Like the simple Assamese people, the food of Assam is rather bland and simple, with little or no spice at all; yet it is delicious. Regional aromatic herbs add varied flavours to the cuisine, making it simple, yet savoury and wholesome. This book contains more than a hundred recipes from the land of simple folk and rich cultural legacy, and is a must-have for those ready to try out mouth-watering delicacies which are easy to make, healthy and simply delectable.

About the Author Jyoti (Rita) Das was born in Shillong, the then capital of Assam. Her other works on Assamese culinary include *Aponar Akhilot Chinese Byanjon* and *Manxhar Vividh Byanjon*. She also regularly writes food columns, short stories and articles for various magazines like *Nandini*, *Xadin*, *Parijat*, *Prantik* in Assam.