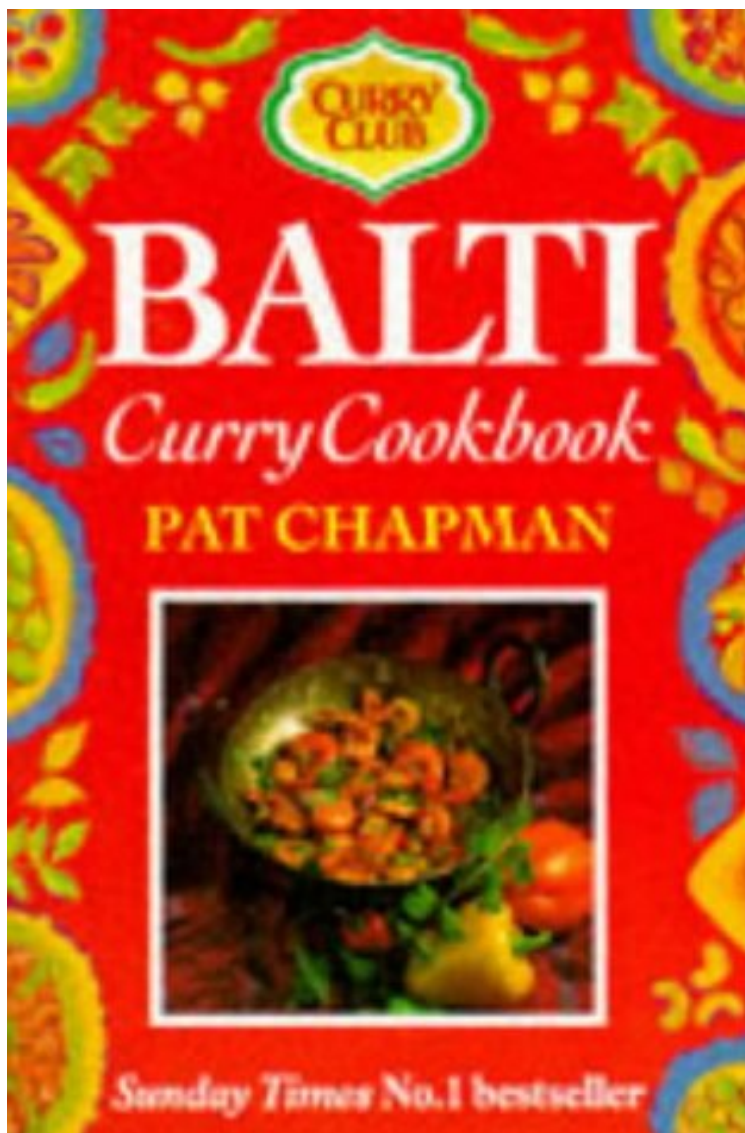


(Free and download) Balti: Curry Cookbook (Curry Club)

## Balti: Curry Cookbook (Curry Club)

*Pat Chapman*

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**Pat Chapman : Balti: Curry Cookbook (Curry Club)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Balti: Curry Cookbook (Curry Club):

Curry Club Balti Curry Cookbook contains over 100 easy-to-make dishes, such as the perennial favorite Balti Chicken Tikka Masala, Balti Aubergine and Balti Jal Frezi (a tomato and chili-based balti). Once you have mastered the basic

techniques and recipes, Pat Chapman suggests dozens more spicy balti combinations you can try. Sections include meat, chicken, fish and seafood, vegetables, balti specials, and accompaniments. Recipes include Balti restaurant specials as well as authentic dishes from Baltistan in Pakistan, the original home of Balti cooking. Pat also provides a fascinating introduction about traditional Balti restaurants and its origins in Balti cooking. Balti means "bucket" and is the Pakistani/Northern Indian process of slow cooking and serving a curry in a lidded pot (originally clay -- but steel is now more often used). It enhances the flavors and as such is a preferred method for several restaurant chefs.