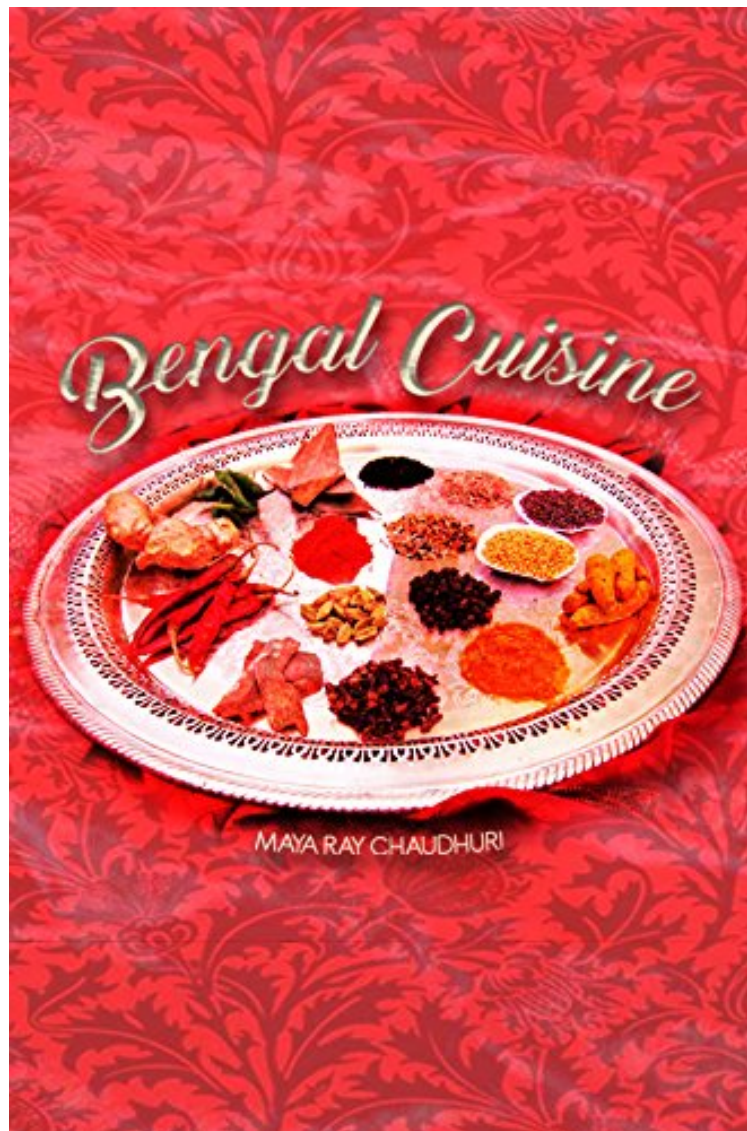


(Read free ebook) Bengal Cuisine

Bengal Cuisine

Maya Ray Chaudhuri
audiobook / *ebooks / Download PDF / ePub / DOC



[Download](#)

[Read Online](#)

#10699607 in Books 2016-07-29 Original language: English .0 x .0 x .0l, .0 #File Name: 178612814449 pages | File size: 37.Mb

Maya Ray Chaudhuri : Bengal Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised Bengal Cuisine:

Bengal Cuisine introduces us to the cuisine of the West Bengal region of India. Most Indian cookery books and recepies shown on television are based on North Indian and South Indian food, but Maya's book is about authentic

Bengali food from West Bengal. Food is a passion for Bengalis and cuisine there is distinctive and different from the cuisine of other parts of India. This book uses ingredients that are commonly available and shows how simple it is to cook Bengali food creating subtle tastes with very little spice, showing us how easy and rewarding true Bengal Cuisine can be.

About the Author Maya Ray Chaudhuri was born in India and has lived in London since the early 60s. She first learnt to cook from her mother who gave her a set of hand written recipes to take with her to her marital home so that she could impress her new in-laws. However it turned out that she didn't need them as there were professional cooks in the household. It was only when she came to live in the UK and found herself cooking a full meal every evening after coming back from work and to a large variety of people that she started to use her early learning. Although it was difficult to get the range of vegetables in those days she was able to innovate using vegetables that were easy to get. Ever since then she has continued to practice her cookery skills delighting friends and family with simple but subtle and authentic dishes of true Bengali cooking. Her home in London has seen many Bengalis, young and old, students and new arrivals staying, eating and learning from her. In fact it is her friends and family who have persuaded her to write this book so that they could learn to cook like her. Now in her mid 80s she remains very active and takes great delight in cooking for friends, neighbours and family. No one visiting her is allowed to leave without eating something or at worst taking something away with them in her trademark plastic boxes (which she always wants to be returned for the next feast)