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## Best of Goan Cooking

*Gilda Mendonsa*

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**Gilda Mendonsa : Best of Goan Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Best of Goan Cooking:

6 of 6 people found the following review helpful. Authentic Goan recipesBy cedyI got this book as a gift from a relative who is a superb Goan cook. She swore to its authenticity. I have successfully cooked Pork Vindaloo, the Recheiad masala fried fish and a few other dishes from this book.In order to properly grind the masalas, you need a wet/dry grinder like the Sumeet. Imho, the food processor does not create the right texture.

This book is a rare and authentic collection of the finest Goan recipes. Starting with exotic Goan cocktails and appetizers to set the mood, the book moves on to savour fish, poultry and meats. Some unusual vegetarian preparations make interesting accompaniments. Delicious desserts finish the meal, while a special section brings you tea-time snacks and savouries. Includes color illustrations. Goan cuisine is a reflection of the intermingling of Arabian, Portuguese and native cultures. It is a unique blend of richness and simplicity. A cuisine in which the hot, sour and spicy flavours mingle in delicate perfection; in which fresh coconut comes into its own, and fish, regarded as the 'fruit of the sea' is cooked in myriad marvellous methods. This book is a rare and authentic collection of the finest Goan recipes.