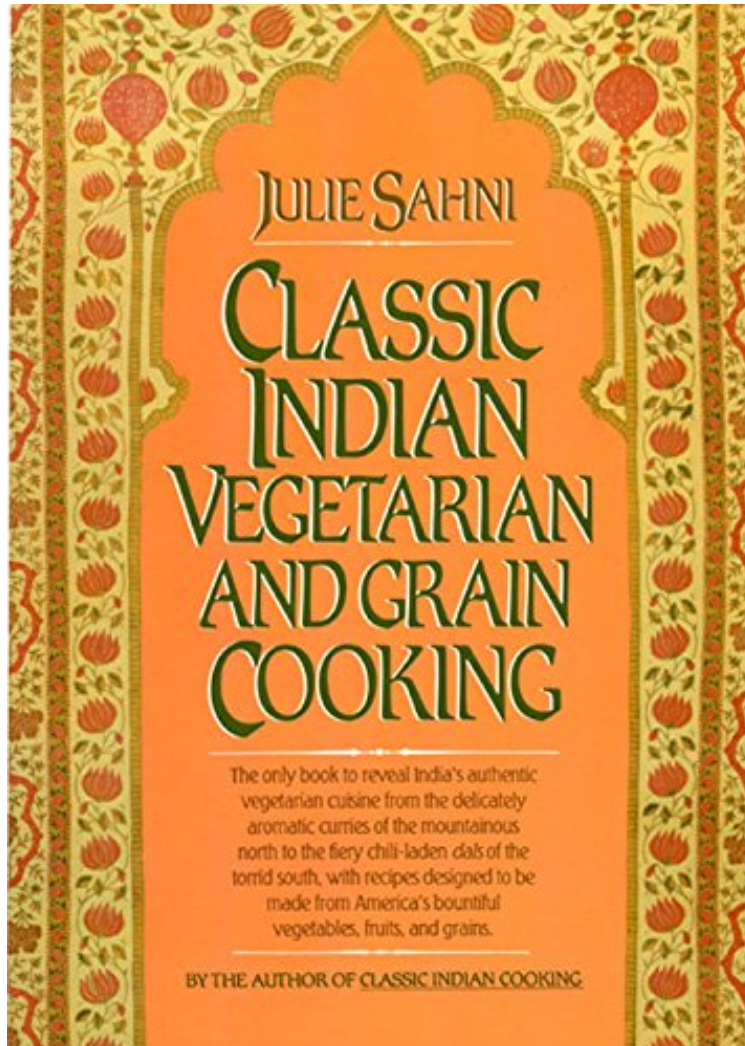


Classic Indian Vegetarian and Grain Cooking

Julie Sahni

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Julie Sahni : Classic Indian Vegetarian and Grain Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Classic Indian Vegetarian and Grain Cooking:

6 of 6 people found the following review helpful. You will use this book - a LOT By Margarita This book has tons of recipes, minus the coffee-table book photos. Pictures are nice, but the recipes are where push comes to shove. This book is the first Indian cookbook that has not disappointed me. Most Indian cookbooks have only a few recipes that taste like they are straight from a kitchen in India, with the rest doctored up for western tastes. This book has so many fabulous recipes that it is hard to know where to start! I bought this book because of the great reputation that the author has, but expected more of the same old Americanized recipes that we usually get with Indian cookbooks. Don't get me wrong, I love Americanized Indian food but I also want to experience the real deal, as well. This book delivers on the

real deal. My husband told me that the cauliflower, eggplant and potato korma was the best Indian food that I have ever made. I would recommend this book to anyone who is interested in cooking great Indian food, especially if you are a vegetarian. You will not be disappointed. 2 of 2 people found the following review helpful. My Go-To Indian Cookbook By Keegan J Brown Julie Sahni is an excellent chef and an excellent cookbook author. Her recipes are reliably kitchen tested. We have found that her books are written in a way that teach you to create elegant and complicated dishes even if you have limited experience with the ingredients. I had previously worked through her first book (also highly recommended: "Classic Indian Cooking") before ordering 2 copies of this book for my vegetarian parents and my omnivor self. Neither the vegetarians nor the meat-eaters were disappointed, and we thoroughly enjoyed the much more diverse options. Highlights for me include the avocado curry, several of her soups, and the tomato pilaf. She uses a lot of Ghee in many of her recipes, but I recommend reducing to make her meals even healthier. Definitely 5 stars, my "favorite food" has been one Julie Sahni recipe after another for the past 2 years now, and this book is a great source. 0 of 0 people found the following review helpful. Great resource -full of basic information on ingredients as well ... By Carol Great resource -full of basic information on ingredients as well as cooking techniques. It has been thoughtfully adapted to the American marketplace. A huge variety of recipes from all over India.

Julie Sahni's remarkable ability to make authentic Indian cooking accessible to American cooks continues to make her first book, *Classic Indian Cooking*, the definitive work of its kind. This is her long-awaited second book. To prepare it, Julie Sahni traveled extensively throughout the regions of her native India, to assemble a splendid second volume of Indian culinary delights. Whereas her first book explored the riches of Moghul cuisine, this totally new collection systematically reveals the never-before-described treasures of India's vegetarian and grain cooking. The book begins with a simple explanation of the ingredients and techniques characteristic of this cuisine. For the first time anywhere, Julie describes every classical blend of curry in the Indian tradition, with accompanying recipes on how to use them. From this book alone you will become master both of India's wonderful curries and of the many new varieties you will now know how to create for yourself. In addition to a thorough going mastery of cooking with curry, this book provides a complete experience of India's incredibly varied vegetarian and grain dishes. Try the heavenly spread of yogurt cheese flavored, with fresh herbs, a favorite of the Gujarati Jains. Be adventurous: make Steamed Rice and Bean Dumplings in Spicy Lentil and Radish Sauce, traditionally served as tiffin one of the great classics of Indian vegetarian cooking. Vegetarians, the super health-conscious, and meat eaters who want to vary their menu with exciting new dishes, all will want to sample the vegetarian masterpieces virtual one-dish feasts-that are the very heart of this book: Malabar Coconut and Yogurt-Braised Vegetables; Hearty Blue Mountain Cabbage and Tomato Stew; Baked Zucchini Stuffed with Vegetarian Keema and BuIgur; Madras Fiery Eggplant, Lentil, and Chili Stew; and so many many others. To accompany these dishes, Julie provides an abundance of chutneys, pickles, breads, rice dishes, dals, vegetable side dishes, yogurt salads, and volcanically hot condiments. Any time of the day you can snack or nibble on tasty foods that will contribute to your health but not your waistline: refreshing chats (salads without oil), a succulent array of fritters, kaftas, and kababs all ingeniously created from fresh vegetables, and a wide selection of crunchy savories from plantain chips to the irresistible giant papad (lentil wafer). Your sweet tooth is not neglected by India's vegetarian and grain cooking. Lotus Seed Pudding, kulfi (India's delicious ice cream), coconut dumplings, and Quick Glazed Carrot Halwa are only the beginning of the unbelievable assortment of desserts and sweets Julie Sahni's *Classic Indian Vegetarian and Grain Cooking* makes available to you. Plus divine recipes for lassi (yogurt drink), refreshing teas, and classic South Indian coffee. This invaluable and instructive book places India's ancient tradition of delicious vegetarian and grain dishes directly into your hands.

From Publishers Weekly One might expect that this fine sequel to Sahni's *Classic Indian Cooking* covers a smaller subject than that earlier work. But since most Indians are vegetarians, and since they cook in a diversity of styles, this new volume in many senses gives a truer panorama of that nation's classic cuisine. After an exhaustive glossary of foodstuffs and spices that make up the Indian larder, Sahni launches into the recipes, which in a rare concession to Western ways are arranged course by course. There is much that even a devotee of Indian cooking will find new in the areas of fritters and griddle cakes, braised dishes, lentils, chutneys. Though the ingredients are often exotic, Sahni's directions for buying (a mail-order guide is included) and cooking are precise. She brings some of the subtler practices of one of the world's great cuisines within America's reach. Foreign rights: Esther Newberg, ICM. November 25 Copyright 1985 Reed Business Information, Inc. About the Author Julie Sahni is director of Julie Sahni's Indian Cooking School, established in 1973.