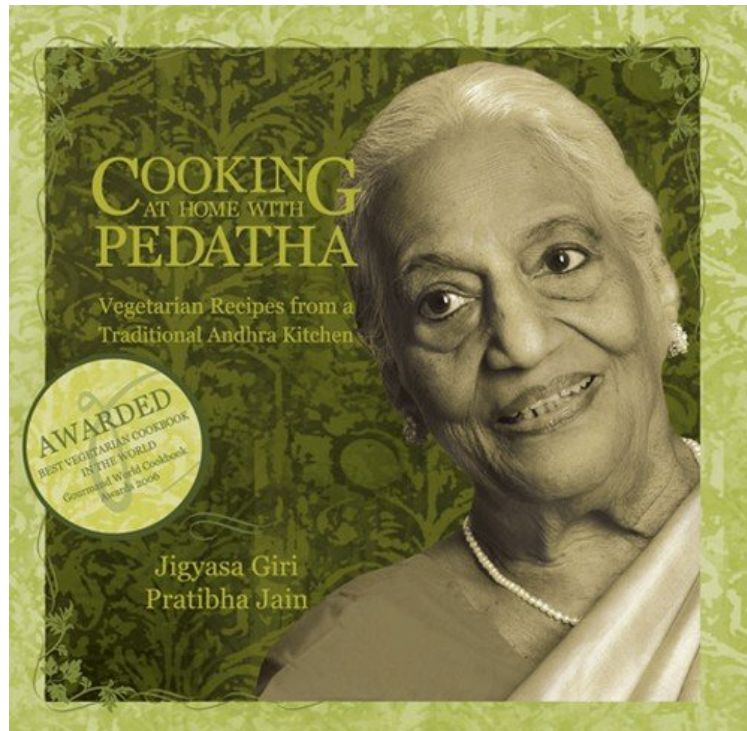


Cooking at Home with Pedatha: Vegetarian Recipes from a Traditional Andhra Kitchen

Pratibha Jain, Jigyasa Giri

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#File Name: 818328299796 pages | File size: 68.Mb

Pratibha Jain, Jigyasa Giri : Cooking at Home with Pedatha: Vegetarian Recipes from a Traditional Andhra Kitchen before purchasing it in order to gage whether or not it would be worth my time, and all praised Cooking at Home with Pedatha: Vegetarian Recipes from a Traditional Andhra Kitchen:

2 of 2 people found the following review helpful. Authentic Indian CuisineBy SaintcoquiIndian cooking has always been a challenge for me- with no training in this cuisine I am especially appreciative when a cookbook has clear and authentic directions. This book feels like I am in the kitchen with an Indian grandmother, learning how to use asafoetida as a spice, building up the flavors in a sambar, understanding the value of using fenugreek leaves, and making unique yet familiar chutneys with ease.I have various other solid Westernized Indian cookbooks, but this is the only one that I feel doesn't take shortcuts with the ingredients or the techniques. That being said, this is most definitely an everyday cooking book- most recipes are 1-2 pages, to the point, and not too involved. However, if you love Indian food as much as I do, the temptation will be to make 4-6 recipes at a time from Pedatha since they are inherently pretty simple recipes. This cookbook may require a (most welcome!) trip to the Indian grocery to pick up a variety of spices and new herbs, but many items are used in multiple recipes, so no ingredients should be wasted. If you are looking to invest some time learning Indian vegetarian home cooking, this book is a must!0 of 0 people found the following review helpful. Always delivered in good shape. Here are are my thoughts when it ...By lightFoundryI've bought this book at least 5 times from , to give as a gift to a relative or friend over the years. Not counting my own purchase.

Always delivered in good shape. Here are my thoughts when it comes to the content itself. The food is very specific to the southern part of India, Andhra Pradesh as it used to be called, with a touch of Karnataka as well. It's all vegetarian and if you talk to any one from that part of India right now, they probably won't remember it. It doesn't help that some of the ingredients are not available in some regions of USA. These recipes are for people who want to cook authentic food from this region and can put in the effort to get the ingredients. I highly recommend this book, it's a treat. 24 of 24 people found the following review helpful. lip-smacking By Piyush Mishra Though most of the recipes are not for faint-hearted (quite laborious since they usually demand every spice be prepared from scratch), they reward well:) I am from India, but not the part where these cuisines are from. So, I cannot vouch for their authenticity, but I still love most of the dishes, especially the chutneys. I also like the fact that authors were thoughtful enough to include names of common ingredients in 2-3 languages, along with their photos.

Awarded "Best Vegetarian Book in the World 2006" by the prestigious Gourmand awards, this cookbook features more than 60 traditional vegetarian recipes. It is a tribute to an illustrious Indian Grandmother, Mrs Subhadra Rau Parigi (aka Pedatha). She was the daughter of India's former President Bharat Ratna Dr. V V Giri. Her recipes, much sought after by friends and relatives, retain the regional flavours of Andhra Pradesh, a state of India known for its delicious chilli-hot food. Intrigued by her passion which had not diminished with age, Jigyasa and Pratibha took the initiative to record this culinary legacy for posterity. Some special features of this book are: Traditional recipes with interesting variations, Guidelines for tempering or tadka, Vegetarian meal plans, Photo glossary of spices, lentils and vegetables, Exquisite food photography, and Special tips by Pedatha throughout the book. Recipe sections are divided into Chutneys (Pachchadi), Powders (Podi), Rice (Annam), Vegetables (Kooru), Dals (Pappu, Chooru), Yogurt (Perugu), Sweets (Theepi), and Crispies (Vadiyalu). With attention to detail and an easy-to-follow format, the book is a treat to the novice as well as the veteran. The excellent photography layout adds to the aesthetic appeal of this tribute coffee table book.

"...gives the wonderful whiff of everyday traditional Telugu cooking. It brilliantly combines the flavors and textures of local ingredients to stimulate the senses and satiate the palate. -- Sanjeev Kapoor, Author Chef About the Author Pratibha holds a Doctorate in Philosophy of Language from the University of Madras. She resides in Chennai with her husband Mathendar Chordia daughter, Manasvi. Jigyasa Giri joined hands with Pratibha Jain to create exquisite cookbooks that document culinary traditions of India. Jigyasa is also a dancer teacher at Devaniya, the school of Kathak dance started by her in Chennai, India. She is married to Pedatha's nephew V.V. Giri they have two children, Avani Arnav. Their second book is "Sukham Ayu", an Ayurvedic cookbook which won the Gourmand Award for Best Health Nutrition Book in the World - Second Place. This book has been researched at KARE, an Ayurvedic research rejuvenation centre in Pune.