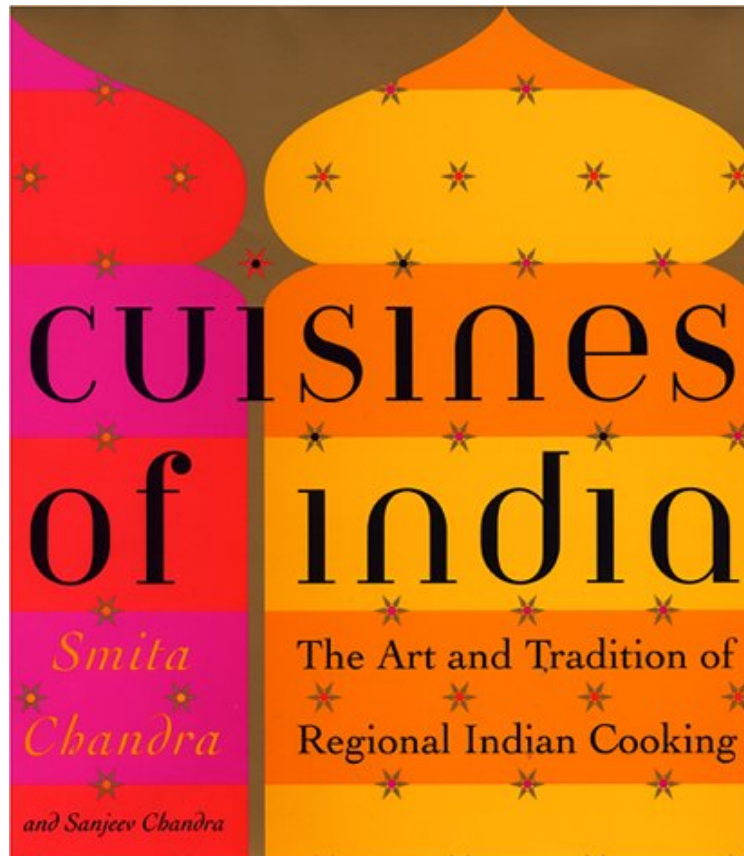


(Download) Cuisines of India: The Art and Tradition of Regional Indian Cooking

Cuisines of India: The Art and Tradition of Regional Indian Cooking

Smita Chandra, Sanjeev Chandra
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before purchasing it in order to gage whether or not it would be worth my time, and all praised Cuisines of India: The Art and Tradition of Regional Indian Cooking:

0 of 0 people found the following review helpful. Not just a recipe bookBy Marcia HartsockI first encountered this book at my public library, and then purchased it. Far more than just a compilation of recipes, the author devotes a good many pages to the history, influence, and tradition of each culinary region - why each region's food is the way it is.0 of 0 people found the following review helpful. Five StarsBy CustomerVery interesting and useful book8 of 9 people found the following review helpful. Not a 'Must-Have', but still worthwhileBy C. J. ThompsonI collect cooking books and have a massive collection, with a fair emphasis on east Indian cuisine. This book rose above the herd because it has a decent discussion of history and tradition etc, and is well organized. The recipes are fairly pedestrian (ie: not that very different than you can find in other Indian cookbooks), but I wa not sorry I bought it.

When you prepare Indian food, you become part of a culinary tradition that stretches back thousands of years. From

vegetarian offerings unparalleled in their creative preparation and range of flavors to the elegant meat-centered feasts set before Moghul emperors, Indian cuisine is a luxurious Epicurean tapestry. Cuisines of India is a guided culinary tour across India's exotic regions -- from the lofty mountains of Kashmir to the sunbaked Malabar Coast, from the bustling streets of Calcutta to the majestic fortresses of Rajasthan. Steeped in history and filled with delightful tales and legends, it describes the impact of other cultures -- Middle Eastern, Asian, and European -- that have left their indelible imprint on India's famed cuisine. Embellished with maps and beautiful line drawings throughout, this indispensable guide provides breathtaking historical background in addition to dozens of recipes and preparation techniques specific to each particular region. Each chapter explores the cuisine of a different region, describing its evolution and lore, and explains how history shaped local dishes and methods of cooking. The journey begins in ancient times with the fascinating saga of the Aryan tribesmen, and takes us to the fabulous temples of South India, where lavish feasts were prepared for the gods. We sample the sumptuous banquets of the Moghul court and dine with the European explorers who came to India in search of spices. Recipes are drawn from the many regional cuisines of India. Food from the Hindu heartland of Uttar Pradesh is simple, lightly spiced, and vegetarian. South Indian cuisine is famous for its spicy rice, vegetable, and seafood preparations. North Indian Moghlai cuisine--heavily influenced by Persian and Turkish techniques such as cooking with yogurt and using apricots, raisins, and almonds in meat dishes--provides its own cornucopia of mouth-watering combinations. Traditional rustic Punjabi fare includes freshly harvested greens cooked with meat, while the royal kitchens of Hyderabad provide recipes for succulent kababs. Dishes from Goa, Bombay, and Calcutta show a fascinating blend of Indian cuisine with Portuguese, British, and Chinese culinary traditions. Cuisine of India is more than a cookbook -- it is a gateway into an extraordinary culture. In these pages India's history is observed through the kitchen door, and the mysteries of an ever-changing cuisine are revealed.

.com To many North Americans, Indian food consists primarily of curries, kebabs, and chutneys. But Indian food cannot be contained to such a small sampling. In *The Cuisines of India: The Art and Traditions of Regional Indian Cooking*, author Smita Chandra takes us on a flavorful journey across India. "En route," she says, "we will sample the dishes that are unique to each region and relive the history that shaped its cuisine." *The Cuisines of India* is divided into six chapters, each of which explores a distinctive region and its cuisine. While the recipes are presented in a clear and enticing manner, it is the history that accompanies each dish that really grabs you. Once you know that Emperor Shah Jahan (builder of the Taj Mahal) enjoyed a leisurely lunch of Paneer Makhai Masala how can you not try cottage cheese, cashews, and mushrooms in a creamy, buttery tomato sauce? You, however, will probably not be surrounded by an adoring harem as you eat. Try Murgh Kabab (chicken marinated in minced herbs, sun-dried tomatoes, vinegar, eggs, and cream, grilled on skewers) with a side of Takari Thayir Sadam (yogurt rice with mixed vegetables). Vegetarianism is prevalent in many Indian regions, primarily for religious reasons, and has inspired the creation of many a simple but savory dish: Bhutte ki Biryani (rice layered and baked with a spicy corn curry), Gobhi Mussallam (spicy baked cauliflower topped with cottage cheese, bread crumbs, and nuts), and Vendakai Thengai Mudri Poriyal (okra cooked with cashews and coconut). *The Cuisines of India* reminds us that behind every dish is a long and fascinating history of how it came to the table. --Dana Van Nest
From Publishers Weekly
Geography, custom and religion along with neighboring and invading cultures have shaped contemporary Indian cuisine; Chandra (Indian Grill), who teaches cooking in Toronto, carefully traces its myriad influences, and adds her own touch to this fresh reappraisal of Indian cooking. Chandra introduces each of six regional chapters with anecdotes about ingredients, people, legends and conventions, and then goes into depth, making the book almost as much a detailed history and travelogue of the subcontinent as it is a cookbook. More than 120 recipes (vegetarian and meat-based) offer an enticing diversity. Chandra is a traditionalist, but she's no purist. Saadey Naan, for instance, is made with store-bought pizza dough. Akhroat Murgh, a chicken-based dish, includes portobello mushrooms, yogurt, powdered walnuts, mint and spices and is served in tortillas. Plenty of Chandra's recipes are more conventional, like Dhaniwal Roghan Josh (lamb with onions, yogurt, almonds and coriander) and Saag Kofte (spicy meatballs in spinach and yogurt sauce). Most ingredients are easy to find these days exceptions include beaten rice and dried fenugreek leaves. Chandra's care with history will convince those skeptical of her improvisations (as will an author tour, the book's selection as a fall alternate of the Good Cook Book Club and former Taste host David Rosengarten's blurb), while those new to Indian cuisine will find this a good beginner's guide. Bw illus. 20,000 first printing. Agent, Madeleine Morel. Copyright 2001 Cahners Business Information, Inc.
From Library Journal
Chandra's *From Bengal to Punjab* was a good introduction to Indian home cooking, and she is also the author of *Indian Grill: The Art of Tandoori Cooking at Home*. Her latest book is both more ambitious and more wide-ranging, offering a fascinating historical perspective on Indian culinary traditions, from the vegetarian diet adopted by the Hindus thousands of years ago to the lavish banquets served at the royal courts of the Moghul emperors to the Portuguese influence on the cooking of Goa and the heritage of the spice traders, such as the powerful British East India Company. Chandra's text is informed, drawing on a vast array of both primary and secondary sources, but it is also highly readable; she has an engaging style and a subtle sense of humor. Some of the recipes are classics, but many will be new to readers most familiar with the mix of Moghul/tandoori

dishes still served in the majority of Indian restaurants here. Although an Indian "spice pantry" is essential, few of Chandra's delectable recipes are complicated. Highly recommended. Copyright 2001 Reed Business Information, Inc.