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Cooking Penguin

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Cooking Penguin : Delectable Indian Rice and Curry Dishes before purchasing it in order to gage whether or not it would be worth my time, and all praised Delectable Indian Rice and Curry Dishes:

19 of 19 people found the following review helpful. Only if You are comfortable with Indian Ingredients.By
4NbahuWhen looking for a cookbook that I want to keep, I look for several things. Does the book describe the types of ingredients that are being used? Are the amounts and directions specific? Are there any personal anecdotes about the recipes being shown? Are there pictures to show me how it should look? Does the recipe give a preparation time?

Is the layout of the recipe easy to follow and preferably on one page. For the kindle there is an additional thing I look for. Is there a clickable table of contents? None of these are deal breakers. However, the more of the above questions that are answered in yes, the better chance of me purchasing it. 1. This book has a clickable TOC. 2. Each recipe is photographed although I wish the photos had been larger. 3. No preparation or serving amounts are given. 4. The recipes are easy to follow although, even with several typo errors the recipes are still readable. 5. There is extra information describing the recipes. 6. The layout of the recipes is standard with the ingredient list on top with numbered instructions below. I found many of these recipes familiar and the couple that weren't were interesting. As this is supposed to be Indian Curries I would have expected several more vegetarian options, but if you enjoy nonvegetarian dishes, this is not a bad place to start. In addition to the savory curries the author has included several rice based desert dishes. As far as the recipes go, I read through fairly quickly. The following are the main issues I had. 1. An excessive amount of oil in the recipes, but this is a personal preference and the user can adjust to their preference. 2. Never use baking soda when soaking dried beans as this destroys the B vitamins. 3. Traditionally kitchri in India tends to be a bit liquidy or soupy. You should not be able to pick out the grains of rice or dal. Which is why it is often used to feed toddlers and invalids, there is nothing to "catch" in the throat. 4. A couple of places the author uses the Hindi/Urdu word for the spice methi and rai are used. A Glossary of terms would be helpful. 5. The author assumes access to garam masala and biryani masala and does not give recipes for either in case they are not available. 6. The author uses the "boiled" rice method which means the cook must drain some of the water. Since the cooking water has vitamin value, I don't recommend this method of cooking rice although if you are only interested in texture it does give a more consistent result. 7. The amount of times rinsing the rice is a bit excessive. It depends upon where and what kind of rice you have purchased. I normally rinse twice and soak in the third. Even with the issues I have listed I still think this is a decent book. I recommend this book.

I have special flair for cooking food not only of India and Pakistan but also of other countries. But the aroma and taste of Indian food is unbeatable and is sure to make your mouth water. Do not take my words about the goodness and taste of Indian food because you might be thinking that I am praising Indian food as I am born and brought up in this land. This is not the reason. Try the recipes given in both of my books and you will be convinced yourself that I am hundred percent right! "Mughal"; Emperors have ruled the subcontinent for a very long time and have left permanent marks on the Indian architecture and cuisine. Their use of aromatic spices and dry fruit like almonds, green cardamom, garam masala and pistachio in cooking rice and curry dishes have given a new twist to Indian flavors. Some of the recipes like "Shahi Rizala"; "Mutton Biryani"; "Qorma"; etc. given in this cook book are typical recipes having their origin in Mughal roots.