

Prashad Cookbook

'This book makes me happy. The recipes are inspirational and delicious.' – Tom Kitchin Discover 100 delicious, heartwarming vegetarian and vegan recipes in *The Vegetarian Kitchen* by Prue Leith – celebrated chef and Bake Off judge – and her niece Peta Leith, a former chef at The Ivy and lifelong vegetarian. This gorgeous cookbook features simple, meat-free family dishes that bring delight to the extended Leith family table, time and time again. Recipes include Black Bean Chilli with Lime Salsa, Blackberry and Lemon Pavlova and Lemon and Bing Cherry and Almond Cake. Forty-two of these recipes can be made vegan. We all need easy and delicious foods – whether on busy weeknights or drawn-out Sunday lunches. This book contains nourishing, refreshing, joyful main meals, many of which are vegan, and all of which bring their combined wealth of cookery knowledge to your kitchen. 'These plant-based recipes are homely, hearty and delicious. They have the virtue to be simple and embrace all the rules of provenance and best cooking ethics.' – Raymond Blanc

Sanjeev Kapoor burst onto the scene in India with an easy, no-fuss cooking approach. More than a decade later, he is a global sensation with an international media empire that is rooted in this philosophy. In *How to Cook Indian*, Kapoor introduces American audiences to this simple cooking approach with a definitive book that is the only Indian cookbook you will ever need. His collection covers the depth and diversity of Indian recipes, including such favorites as butter chicken, palak paneer, and samosas, along with less-familiar dishes that are sure to become new favorites, including soups and shorbas; kebabs, snacks, and starters; main dishes; pickles and chutneys; breads; and more. The ingredients are easy to find, and suggested substitutions make these simple recipes even easier. Praise for *How to Cook Indian*: "Those interested in expanding upon their collection of (brilliant, essential, important) books from Madhur Jaffrey, or in adding a reference work to accompany Suvir Saran's terrific *Indian Home Cooking*, may do well to make Kapoor's acquaintance." -*The New York Times* "He may not be an icon here yet, but Sanjeev Kapoor is certainly one in India, where he has been called 'the Rachael Ray of India' (but by Ray's own admission, he has a bigger audience, has published more books, and been on TV longer). Kapoor makes his U.S. debut with *How to Cook Indian*." --*Publishers Weekly* "It's time for Americans to finally learn about India's first and biggest celebrity chef, Sanjeev Kapoor. With a daily television show that has 500 million viewers in 120 countries, as well as more than 140 cookbooks and over 20 restaurants to his name-plus his own TV station in the making-Kapoor has a huge following of housewives, their mothers-in-law, and even their husbands." -*Food & Wine* "Cool as a grated cucumber and mellow as a mango lassi, Sanjeev Kapoor is poised to conquer those few corners of the world where he and his food are not yet well known." -*Washington Post*

"*Rasachandrika* is one of the classics among cookery books in Marathi. Generations of housewives have begun their culinary career by reading and following this book. Now the secrets of Saraswat cookery would be available to a much wide readership through this English edition." --Back cover.

Nineteenth-century Muslim peddlers arrived at Ellis Island, bags heavy with embroidered silks from their villages in Bengal. Demand for "Oriental goods" took these migrants on a curious path, from New Jersey's boardwalks into the segregated South. Bald's history reveals cross-racial affinities below the surface of early twentieth-century America. Named one of the top 20 new cookbooks of 2018 by the Independent An exciting collection of recipes from the founders of the hugely respected Gunpowder restaurant. In this beautiful book, complete with stunning photography, Harneet, Devina and Nirmal have managed to capture the bustle and flavours of their childhoods in Kolkata, and the intricacy of true homestyle dishes from across India. From Maa's Kashmiri Lamb Chops (which have garnered outstanding reviews from many restaurant critics) to Wild Rabbit Pulao, these exceptional recipes are impressively authentic, yet given a modern twist. Throughout the book, the authors share personal anecdotes about their recipes and give handy cheats to make things easier for the home cook, including time-saving tips and alternative ingredients. With chapters covering Small Plates, Big Plates, Sweet Plates & Drinks and Sides & Spice, Gunpowder is the perfect opportunity to create some of these widely admired dishes in your own home.

The Patels and Prashad, their small Indian restaurant in Bradford, were the surprise stars of Ramsay's Best Restaurant TV show in autumn 2010. Everyone who saw them fell in love with this inspirational family dedicated to serving delicious, original vegetarian food. At the heart of the family is Kaushy, who learned to cook as a child growing up on her grandmother's farm in northern India. On moving to northern England in the 1960s, she brought her passion for fabulous flavours with her and has been perfecting and creating dishes ever since. Never happier than when feeding people, Kaushy took her son Bobby at his word when he suggested that she should share her cooking with the world - a launderette was converted in to a deli and then a restaurant, and Prashad was born. Now Kaushy shares her cooking secrets - you'll find more than 100 recipes, from simple snacks to sumptuous family dinners, to help you recreate the authentic Prashad experience at home. Whether it's cinnamon-spice chickpea curry, green banana satay, spicy sweetcorn or chaat - the king of street-side India - there's plenty here for everyone to savour and share.

Since winning everyone over on Ramsay's Best Restaurant, Prashad has grown in size and reputation, and so too has the Patel family. In this, their second book, Kaushy returns the focus to the heart of Indian home cooking. Traditional recipes have been simplified using readily available ingredients. These are the quick dishes that can be prepared in the evenings when you're tired after work, meals to leave bubbling away while you relax at the weekend and feasts for special occasions - as well as everything you need to serve alongside: the breads, the rice and the chutneys. You'll also find many recipes drawing influence from British, Chinese and Italian cuisines - a perfect combining of cultures in the kitchen. And, because Gujaratis are well known for their sweet teeth, there are plenty of snacks and treats too. Life is all about balance after all. Times have changed and what

we eat should suit our lifestyle, but whether you have 20 minutes or two hours, cooking should be enjoyed, bringing both you and those you are cooking for pleasure. From bhajis to feast biryanis to beans on toast, Gujarati-style, here are more than 100 recipes to bring warmth, taste and texture into your home, all made with the Patel's characteristic love and passion for vegetarian food.

This Book Offers Healthy, Low Calorie Recipes Without Compromising Either On The Taste Or The Essential Nutrients That The Human Body Requires. Eating The Right Kind Of Food Is The Key To Healthy Living. This Book Teachers One To Do Just That.

A bold and entertaining exploration of the epic struggles of yesterday and today. Blackshirts & Reds explores some of the big issues of our time: fascism, capitalism, communism, revolution, democracy, and ecology. These terms are often bandied about, but seldom explored in the original and exciting way that has become Michael Parenti's trademark. Parenti shows how "rational fascism" renders service to capitalism, how corporate power undermines democracy, and how revolutions are a mass empowerment against the forces of exploitative privilege. He also maps out the external and internal forces that destroyed communism, and the disastrous impact of the "free-market" victory on eastern Europe and the former Soviet Union. He affirms the relevance of taboo ideologies like Marxism, demonstrating the importance of class analysis in understanding political realities and dealing with the ongoing collision between ecology and global corporatism. Written with lucid and compelling style, this book goes beyond truncated modes of thought, inviting us to entertain iconoclastic views, and to ask why things are as they are. "A penetrating and persuasive writer with an astonishing array of documentation to implement his attacks." —The Catholic Journalist "By portraying the struggle between fascism and Communism in this century as a single conflict, and not a series of discrete encounters, between the insatiable need for new capital on the one hand and the survival of a system under siege on the other, Parenti defines fascism as the weapon of capitalism, not simply an extreme form of it. Fascism is not an aberration, he points out, but a 'rational' and integral component of the system."—Stan Goff, author of Full Spectrum Disorder: The Military in the New American Century Michael Parenti, PhD Yale, is an internationally known author and lecturer. He is one of the nation's leading progressive political analysts. Author of over 275 published articles and twenty books, his writings are published in popular periodicals, scholarly journals, and his op-ed pieces have been in leading newspapers such as The New York Times and The Los Angeles Times. His informative and entertaining books and talks have reached a wide range of audiences in North America and abroad.

A Handful of Flour is not simply a book of recipes but, like Shipton Mill itself, is grounded in the belief that flour matters. A simple ingredient which, if chosen and treated with care, can make all the difference. Shipton Mill's flour is the one that professional and home bakers namecheck. Tess Lister will show you how to choose the best flour for breads, pastry, pizza, cakes, tarts, biscuits and more. As well as covering the well-loved varieties of white and wholemeal flours, Tess will introduce you to ancient grains such as spelt, einkorn, emmer and khorasan. The book also explores the stunning flavours of many gluten-free flours, including rice, almond, chestnut and teff. Whether you simply want exciting recipes that explore the full range of flours available to us or to understand how best to employ them in your baking, this book will become as enduring as the Mill itself.

Collection of recipes for festive dishes (South Indian style) and offerings to deities in Hinduism; also covered many legends, myths and tales of mysticism about Hindu deities.

This book is a celebration of the best in Indian cooking. It is the author's intention to introduce the foods of India through the culinary genius of some of the finest Chefs in the country. It is no secret that Indian Cuisine is "in" and the time ripe to introduce the "GrandOl'Men" and the "Whiz Kids" of the Indian kitchen: the present day Chefs, who are inventive and daring—ready to try out anything new and different. The result is a wonderful collection of recipes—old and new—from their respective repertoires.

"A Culinary Journey for the love of biryani: Over 100 Tantalizing Recipes Biryani is the one special dish that certainly speaks to our taste buds from a platter with flavors gathered from different parts of the Indian subcontinent and the world outside. Even the name can be spelled in various ways: biryani, buriyani, biriani, breyani, etc. These remind us of the different shades it comes in, which are unique to the different regions, cultures, traditions and styles of cooking. In this book, the authors have laid out over 100 tantalizing Biryani recipes from in and around India (Awadhi to Hyderabad biryani) as well as the globe (Iranian to Durban biryani). They all hold in their core, traditional values, ingredients and varied styles, which make each one of them unique. To top it all the book has tips that include information on meat cuts, rice variations (tehri, pulao, and pilaf), Indian pot-style cooking (Degchi, or handi), side accompaniments including wine pairings and many more things supporting both Indian and International styles of cooking. Follow these Recipes, Keep Calm and add some Dum to your Biryani!"

Provides Recipes With Necessary Details Relating To Classic Punjabi Food-Appetite, Vegetarian Starters, Non-Vegetarian Starters, Vegetarian Entre, Non-Vegetarian Entre, Rice, Breads, Dahi, Chutney, Pappad, Snacks, Desserts, Masalas. Being Well Illustrated.

The Curry Guy Bible brings together 200 of Dan Toombs' classic dishes, developed over more than two decades of eating his way around Indian restaurants, takeaways and food stalls. Fans of The Curry Guy love his recipes – because they *really* work, tasting just like your curryhouse favourites. For the first time Dan offers 150 of his most popular recipes in one place, everything from Chicken Tikka Masala to Lamb Rogan Josh, Saag Paneer to Vegetable Samosas, Tandoori King Prawns to Shawarma Kebabs. Plus there are 50 brand-new, mouthwatering recipes that you won't find anywhere else. Here are all the starters, sides, curries, grills, breads, chutneys and rice dishes you will ever need, including some exciting new veggie options. With a guide to essential ingredients and simple cooking tips throughout, The Curry Guy Bible is the only curry cookbook you will ever need.

This is a collector's book and marks the beginning of a revolution aimed at making Indian food compete with international cuisines, be it in terms of visual appeal, portion, presentation, balance and nutrition. For the first time celebrated Chef Hemant Oberoi shares his experiments with masalas which resulted in extraordinary recipes that have been loved by all who have walked through the doors of Taj's popular restaurants crafted by him. The Masala Art: Indian Haute Cuisine is a culmination of Chef Oberoi's holistic journey across the Indian cosmopolitans and obscured states and villages – delving into the cuisines of every nook and corner of the country. Deeply embedded in cultural traditions, his innovative recipes have revolutionized the Indian culinary world. The Masala Art shares age-old secrets and recipes with contemporary flavours while retaining their traditional touch. A feast for your eyes and palate, everyday cooking is truly a simple and pleasurable experience. Vital to the Indian tradition, The Masala Art sets forth a veritable blend of spices to create scrumptious Indian cuisine. While the recipes come from the Grand Chef of the Taj Group of Hotels, they are easy to follow. Right from the food for maharajas, to the authentic flavours of our local dhabas, a delectable spread of Indian food seems to be somewhere around the corner. And you will be cooking it.

A stunning collaboration between the team of experienced chefs at The Real Greek and the restaurant's consultant Tonia Buxton, this is a comprehensive guide to creating restaurant-standard food in the comfort of your own home. From delicious meze dishes to scrumptious feasts of lamb kleftiko and loukaniko this book will be the perfect companion for the restaurant's loyal customers, as well as for those looking to explore the wonders of Greek food. Providing a brief glimpse into the fascinating history of The Real Greek, its suppliers of authentic ingredients and the ideology at the very heart of its menu these

recipes will leave you salivating over the page.

"This is the most comprehensive book ever published on curries, written by Madhur Jaffrey, the world's bestselling Indian cookery author. The influence of the Indian curry has been far-reaching- Indian immigrants and traders influenced the cooking of many other great cuisines of the world, including those of Sri Lanka, Burma, Thailand, Vietnam, Japan and China. History blends with recipes in this meticulously researched book, which will prove fascinating reading for food lovers everywhere. With over 150 mouthwatering recipes, Madhur starts with the best curry recipes in India today, moves on to Asian curries, and even includes European curry ideas such as French curry sauces. Some recipes have never before appeared in print, such as fish seasoned with tamarind and coconut and lamb braised with oranges. Also included are Madhur's tips for the best accompanying foods - she gives us ideas for rice, bread, chutneys, relishes and sweets - the perfect complement for any curry. Beautifully illustrated throughout, this book is set to become the standard reference book on curries."

Gujaratis Have Perhaps Truly Perfected The Art Of Vegetarian Cooking. This Book Is An Attempt To Document Classic Gujarati Recipes From The Basic Dals And Kadhis To The More Complicated And Difficult Recipes Like The Mohanthaal.

An exploration into the culinary identity of eastern Europe through stunning food and travel photography, interspersed with stories and memories of tiny buildings called summer kitchens. In this new cookbook from award-winning author Olia Hercules, explore the diversity of Ukraine's cuisine and heritage through the alluring window of summer kitchens—small structures alongside the main house where people cook and preserve summer fruits and vegetables for the winter months. Featuring 100 superb recipes, a gorgeous collection of food and lifestyle images, and evocative personal narrative, Hercules illustrates how the region's cuisine varies as much as the landscapes, climate, and produce through her travels to the Carpathians, the Black Sea, the shores of the Danube and Dnieper, and her native land.

The maharajas were connoisseurs of good food. Fine kitchens and the best cooks were sought. It was a symbol as to whose table provided the most unusual and luxurious fare. The recipes given in this book should delight the palates of the severest critics and gourmets.

This edition has been adapted for the US market. It was originally published in the UK. * Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and Delish * "Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?)." —Yotam Ottolenghi "Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best." —Melissa Clark, The New York Times "With verve and charm, Meera Sodha persuades all cooks to make her luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you'll want to cook up!" —Andrea Nguyen, author of Vietnamese Food Any Day and The Pho Cookbook Modern, vibrant, fuss-free food made from easy-to-find ingredients, East is a must-have whether you're vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera Sodha's stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, East will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how to make kimchi pancakes, delicious dairy-free black dal and chili tofu. There are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no-churn Vietnamese coffee ice cream.

The Specific Carbohydrate Diet (SCD) is a strict grain-free, lactose-free, and sucrose-free dietary regimen intended for those suffering from Crohn's disease and ulcerative colitis (both forms of IBD), celiac disease, IBS, cystic fibrosis, and autism. For those suffering from gastrointestinal illnesses, this book offers a method for easing symptoms and pain, and ultimately regaining health. Recipes for the Specific Carbohydrate Diet(TM) includes a diverse and delicious collection of 150 SCD-friendly recipes and more than 80 dairy-free recipes. The easy-to-make and culturally diverse recipes featured in the book include breakfast dishes, appetizers, main dishes, and desserts, such as Hazelnut-Vanilla Pancakes, Olive Sandwich Bread, Chicken Satay, Roasted Bass with Parsley Butter, Thin Crust Pizza, Gretel's Gingerbread Cookies, and Mango Ice Cream. Full-color photos will inspire you to get cooking again. In addition, personal anecdotes accompany each section of this book. Find out more at www.scdrecipe.com/cookbook/.

Indian food is an internationally popular cuisine, yet, unfairly, it is often considered to be heavy, rich and indulgent. With more people than ever before turning to healthy home cooking there has never been a better time for a fresh and lighter take on Indian food - one that Mira is creating with her vibrant and healthy cooking style. Inspired by her mother and grandmothers' cooking, Mira Manek's style of food is a modern interpretation of the Indian classics, creating utterly delicious and naturally healthy dishes. Whether you want to cook a Summer Saffron Chia Pot, an Indian Summer Salad, a Thali, a Masala and Nut Milk or a Mango Yoghurt Cheesecake, Saffron Soul combines the best of the core elements of Indian cooking with original health-promoting twists. As well as offering the best and most naturally healthy Gujarati recipes, Mira also recreates some perennial favourites, replacing traditionally used grains and sugar with more nutritious ingredients such as millet, chia and jaggery, and cutting down on oils and fats, to make her dishes even healthier. Whether cooking a filling spicy curry, a soulful brunch, a nutritious light meal or a luscious dessert, Mira's dishes vibrantly burst with colour and a richness of flavour and spice, each fit for a feast.

This book contains appetising recipes collected from all over India. They reflect a traditional view in which each daily act - including preparation, cooking and eating - forms a part of the divine gift of life. The creative use of foods and spices, and the variety of vegetable cooking techniques, allow the enthusiast to choose a delightful and well balanced menu for every day of the year.

From dal to samosas, paneer to vindaloo, dosa to naan, Indian food is diverse and wide-ranging—unsurprising when you consider India's incredible range of climates, languages, religions, tribes, and customs. Its cuisine differs from north to south, yet what is it that makes Indian food recognizably Indian, and how did it get that way? To answer those questions, Colleen Taylor Sen examines the diet of the Indian subcontinent for thousands of years, describing the country's cuisine in the context of its religious, moral, social, and philosophical development. Exploring the ancient indigenous plants such as lentils, eggplants, and peppers that are central to the Indian diet, Sen depicts the country's agricultural bounty and the fascination it has long held for foreign visitors. She illuminates how India's place at the center of a vast network of land and sea trade routes led it to

become a conduit for plants, dishes, and cooking techniques to and from the rest of the world. She shows the influence of the British and Portuguese during the colonial period, and she addresses India's dietary prescriptions and proscriptions, the origins of vegetarianism, its culinary borrowings and innovations, and the links between diet, health, and medicine. She also offers a taste of Indian cooking itself—especially its use of spices, from chili pepper, cardamom, and cumin to turmeric, ginger, and coriander—and outlines how the country's cuisine varies throughout its many regions. Lavishly illustrated with one hundred images, Feasts and Fasts is a mouthwatering tour of Indian food full of fascinating anecdotes and delicious recipes that will have readers devouring its pages.

This collection of recipes represents the French home cooking as passed down through generations of food-loving families. Inspired by their mother, who passed on the secrets of her native Normandy cuisine, the book has been put together by Michel and Albert Roux. Divided into twelve regional chapters, each introduction gives an overview of the region and its culinary traditions. Typical recipes follow and each chapter concludes with a list of ingredients indigenous to that area.

Learn how to make a ribbon shirt, T-dress, (full patterns included) turban as well as a tobacco bag and moccasins or learn how to use the plants the Cherokee used for soap, shampoo how to make your own hair color. Includes recipes for frybread, sassafras and other teas. Learn how to smudge and other ceremonies, including wedding ceremony and much, much more

Presents a collection of Indian vegetarian recipes from the award-winning chef, with options for soups, dals, grains, eggs and dairy, chutneys, and desserts, and a separate section on ingredients. --Publisher's description.

Based on classified documents and first-person interviews, a controversial history of the Vietnam War argues that American acts of violence against millions of Vietnamese civilians were a pervasive and systematic part of the war and that soldiers were deliberately trained and ordered to conduct hate-based slaughter campaigns.

The best Indian food is cooked (and eaten) at home. Real Indian food is fresh, simple, and packed with flavor. In Made In India, Meera Sodha introduces you to the food she grew up eating every day. Unlike the fare you get at your local Indian takeout joint, her food is vibrant and surprisingly quick and easy to make. Meera serves up a feast of over 130 delicious recipes collected from three generations of her family. On the menu is everything from hot chapatis to street food (chili paneer; beet and feta samosas), fragrant curries (spinach and salmon, or perfect cinnamon lamb curry) to colorful side dishes (pomegranate and mint raita; kachumbar salad), and mouthwatering desserts (mango, lime, and passion fruit jello; pistachio and saffron kulfi). Made In India will change the way you cook, eat, and think about Indian food forever.

An authentic and vibrant cookbook, with over 100 recipes for delicious vegetarian Indian food from Ramsay's Best Restaurant runner-up Prashad.

Thali refers to a complete Indian meal that showcases a range of different food items. Indian cuisine has attracted the people from the world over, and Indian restaurants overseas are among the more popular joints to eat out in most cities abroad. In India, you will find a wider variety of all dishes, snacks, meal preparations, and desserts as well. Different food items, like rice, puris, bread, two to three vegetable dishes, curd, pickles, and sweets are included in the thali, depending on the type and variety of the thali. Thalies are usually referred to with the region included in the name, like Rajasthani Thali, Gujarati Thali, Punjabi Thali, Marathi Thali, and South Indian Thali.

This Book Presents A Feast Of Traditional Gujarati Recipes. It Is An Assortment Of Recipes Of Delectable Dishes That Gujarati Food Lovers Would Relish. Whether It Is A Grand Meal Or An In-Between Snack That You Want To Surprise Your Guests With, This Book Offers A Variety Of Tasty Vegetarian Dishes, Sweets And After-Dinner Mouth Fresheners. Each Mouth-Watering Recipe Has Been Presented In A Manner That Is Easy To Understand And Follow.

The elaborate Sunday morning breakfasts, the seasonal delicacies, the preserves that made available non-seasonal flavours - this is the stuff of childhood memories. Tragically, given the sheer pace of life today, it has become harder and harder to follow in our mothers' footsteps, to recreate moments of bonding in the kitchen, to maintain family traditions, especially when it comes to food. Sandeepa Mukherjee Datta - blogger, foodie and mother of two - strives to make this possible in her own life, and yours. This delicious book travels from Sandeepa's grandmother's kitchen in north Calcutta to her home in a New York suburb through heart-warming anecdotes and quick-easy recipes.

Find out how to cook the classic kosha mangsho, throw in a few mushrooms to improvise on the traditional posto, make your own paanch-phoron. The new woman's spin on old traditions, Bong Mom's Cookbook is a must-have kitchen supplement for Bongs and non-Bongs alike. 'Authentic and enjoyable, clear and personal, studded with anecdotes that warm the heart and stir up your own memories of your favourite family recipes, Bong Mo's Cookbook is a delight to read. The only problem ; you'll have to interrupt your reading many times to try out these mouth-watering recipes!' - Chitra Banerjee Divakaruni, author of Sister of My Heart, One Amazing Thing and Oleander Girl

Fresh, delicious, easy Indian vegetarian dishes from the author of Phaidon's global bestseller, India: The Cookbook Vegetables are an integral part of Indian cuisine - and this collection of 150 healthy and approachable vegetarian recipes showcases an array of delicious breakfasts and drinks, salads, vegetables and legumes, grains, and desserts. Drawing inspiration from India's myriad regions and culinary traditions, Pushpesh Pant simplifies this hugely popular cuisine with easily achievable, nourishing, and authentic dishes so tasty and satisfying that they are suitable for vegetarians, meat-eaters, and those simply wishing to reduce the amount of meat in their diet.

Following her bestselling Made in India, Meera Sodha reveals a whole new side of Indian food that is fresh, delicious, and quick to make at home. These vegetable-based recipes are feel-good food and full of flavor. Indian cuisine is one of the most vibrant vegetable cuisines in the entire world, and in Fresh India Meera leads home cooks on a culinary journey through its many flavorful dishes that will delight vegetarians and those simply looking to add to their recipe repertoire alike. Here are surprising recipes for every day

made using easy-to-find ingredients: Mushroom and Walnut Samosas, Oven-Baked Onion Bhajis, and Beet and Paneer Kebabs. There are familiar and classic Indian recipes like dals, curries, and pickles, alongside less-familiar ones using fresh, seasonal ingredients. Enjoy showstoppers like Meera's Sticky Mango Paneer Skewers, Roasted Cauliflower Korma, Daily Dosas with Coconut Potatoes, and luscious desserts like Salted Peanut and Jaggery Kulfi and Pistachio Cake Whether you are vegetarian, want to eat more vegetables, or just want to make great, modern Indian food, this is the book for you. Praise for Made In India: "The recipes are unpretentious and were immediately promoted by my family of critics into must-makes for the monthly dinner rotation, new staples for a season of chill and damp." —Sam Sifton, The New York Times "This book is full of real charm, personality, love, and garlic. Bring on the 100 clove curry! Not to mention fire-smoked eggplant, chicken livers in cumin butter masala, and beet and feta samosas. There's so much to be inspired by." —Yotam Ottolenghi "I want to cook everything in this book." —Nigella Lawson, Nigella.com

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