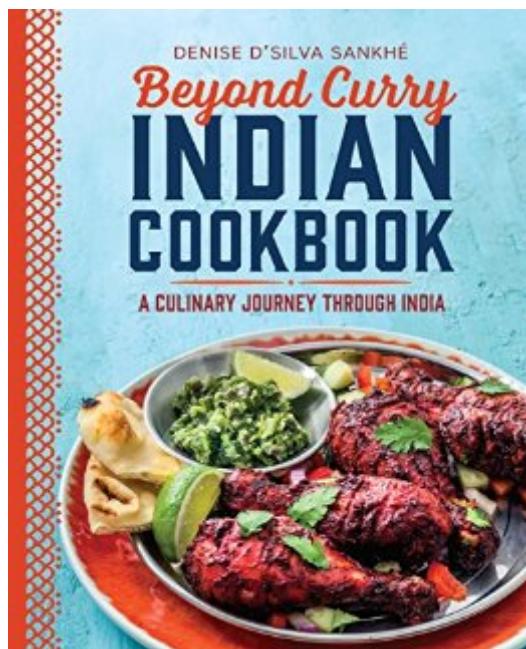


The book was found

Beyond Curry Indian Cookbook: A Culinary Journey Through India



Synopsis

Explore the Flavors of Indian Cooking with Mouth-Watering Recipesâ "From Authentic Regional Classics to Mainstream Fusion Favorites Join Mumbai-based food blogger Denise D'silva SankhÃ© on a culinary adventure of nostalgia and tasty surprises spanning the regions of India. In Beyond Curry, An Indian Cookbook, Denise shares her rich personal story of Indian cooking with profiles of unique regional Indian food. Youâ "ll explore Indian cooking with convenient, no-fuss recipes, accessible ingredients, and must-know secrets behind authentic Indian food. Discover delicacies from the North (Tandoori Chicken) to breakfast delights from the South (Dosas) to popular Indian-Chinese dishes, and much more. Whether you long to recreate beloved childhood recipes, are a time-strapped professional, or a home cook new to Indian cooking, Beyond Curry, An Indian Cookbook guides you through a cuisine that is diverse, satisfyingâ "and easy to create in your kitchen. Learn to prepare Indian food at home, with: Simple and convenient recipes using easy-to-find ingredients Low-prep times yielding dishes suitable for 4 to 6 people Pepper icons indicating spice levels (mild, medium, hot) with tips for adjusting the heat Healthy modifications to address dietary needs Bonus Indian slow cooker and pressure cooker tips for easier-than-ever dishes Your journey into regional Indian food with Beyond Curry will open your eyesâ "and taste budsâ "to the delights and popular dishes of India.

Book Information

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Customer Reviews

I'll start off by saying that I received this cookbook free of charge to review and submit an unbiased opinion. I have approximately 100 cookbooks - most I've bought myself but I have some I've found at yard sales and I have all of my mom's and grandmother's cookbooks and notes. I'm of West Indian heritage but I have books of various cultures including Jewish, Chinese, Mexican and all things in-between, also chocolate, candy-making and a lot more. This cookbook is one of the best, and already one of my favorites, for several reasons. For one thing, it does not just have recipes for cooking food. An entire chapter is devoted to 'spice blends and home remedies'. This was such a unique welcome surprise! I love learning about the home remedies that other cultures use to treat coughs and colds, indigestion or aches and general inflammation. The title of the book is very accurate because this is definitely not your typical Indian cookbook (I have two others by the way). Beyond Curry details how spices and food are used to create awesome culinary dishes and it breaks it down by geographic region and food sensitivities. Each recipe page has a small map notation as to what region of India that that recipe hails from or is most popular in such as west, central, south, east, or north. It also gives note if the recipe has an Anglo or Chinese influence. Each recipe page also has a full food sensitivity notation next to the instructions and this includes everything from egg-free (Wow, I hate eggs so this was an immediate hit for me), vegan, gluten-free, peanut-free, soy-free, allium-free, dairy-free, etc. this cookbook is also easy to read and extremely well-organized.

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