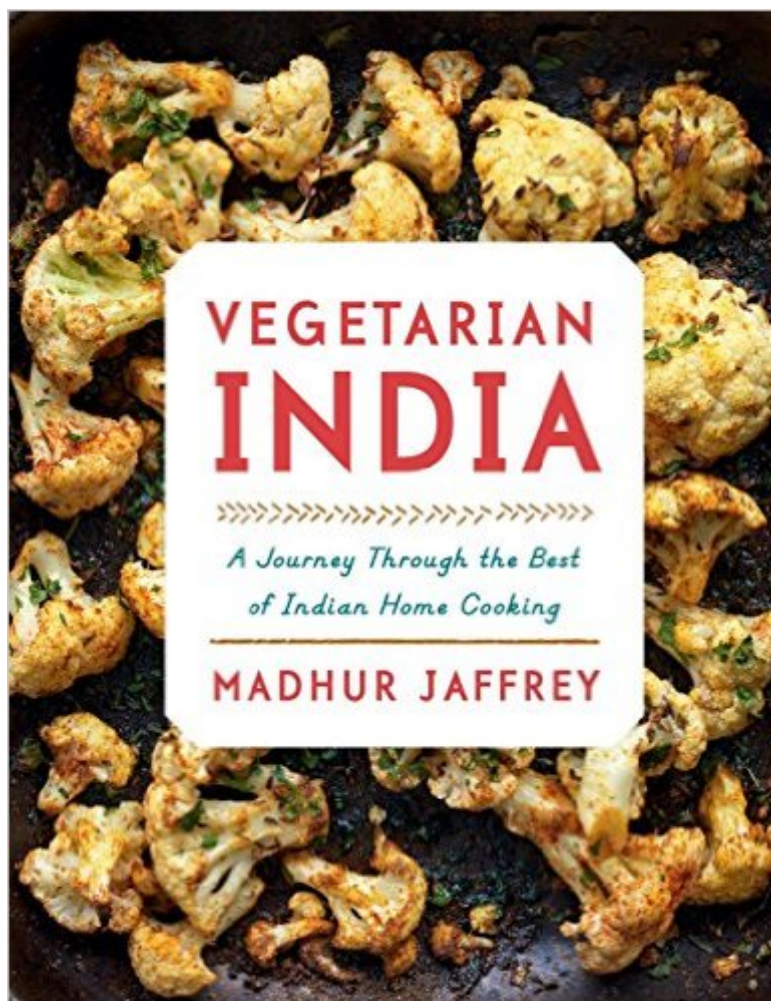


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# Vegetarian India: A Journey Through The Best Of Indian Home Cooking



## Synopsis

No one knows Indian food like Madhur Jaffrey. For more than forty years, the “godmother of Indian cooking” (The Independent on Sunday) has introduced Western home cooks to the vibrant cuisines of her homeland. Now, in *Vegetarian India: A Journey Through the Best of Indian Home Cooking*, the seven-time James Beard Award-winning author shares the delectable, healthful, vegetable- and grain-based foods enjoyed around the Indian subcontinent. Vegetarian cooking is a way of life for more than 300 million Indians. Jaffrey travels from north to south, and from the Arabian Sea to the Bay of Bengal, collecting recipes for the very tastiest dishes along the way. She visits the homes and businesses of shopkeepers, writers, designers, farmers, doctors, weavers, and more, gathering their stories and uncovering the secrets of their most delicious family specialties. From a sweet, sour, hot, salty Kodava Mushroom Curry with Coconut originating in the forested regions of South Karnataka to simple, crisp Okra Fries dusted with chili powder, turmeric, and chickpea flour; and from Stir-Fried Spinach, Andhra Style (with ginger, coriander, and cumin) to the mung bean pancakes she snacks on at a roadside stand, here Jaffrey brings together the very best of vegetable-centric Indian cuisine and explains how home cooks can easily replicate these dishes—and many more for beans, grains, and breads—in their own kitchens. With more than two hundred recipes, beautifully illustrated throughout, and including personal photographs from Jaffrey’s own travels, *Vegetarian India* is a kitchen essential for vegetable enthusiasts and home cooks everywhere.

## Book Information

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## Customer Reviews

Earlier this summer, I ordered the excellent "Curry Easy Vegetarian" from the UK as I adore Madhur Jaffrey (and vegetarian Indian cookbooks in general, especially the two fantastic Gujarati cookbooks by Prashad Cookbook: Indian Vegetarian Cooking. True to form, this is an excellent, informative guide to vegetarian cooking across India that includes over 200 recipes for vegetables (roasted, stir-fried, curry), dals, grains (pilaf, flattened rice, upmas), breads and pancakes, numerous delicious egg and cheese dishes, chutneys, and drinks, sweets and desserts. From what I can tell, "Vegetarian India" appears to be identical (as referenced in the book's title page) but in US measurements, so if you already own "Curry Easy Vegetarian," you will be getting the exact same recipes. This is a lovely, user-friendly introduction to vegetarian Indian cuisine; highly recommended.

Well, I had preordered this and got it this morning on Kindle. Read through it all morning. It looks great. I am an Indian food aficionado and have a large collection of cookbooks, including the Krishna ones. I see many recipes there that are very new, not in any of my other books. I especially like the poha recipes and interesting new potato ones. I think most vegetarian cooks and Indian food lovers will like this book.

This is DIFFERENT Indian cuisine. Some of the regions that Jaffrey covers are remote and unfamiliar to those who know either Northern Indian cuisine or Southern Indian (rasam, sambhar and the delicious little steamed idli cakes.) A lot of the preparations are very fresh and uncomplicated: potatoes and peas with a few spices, for example. I think the best Indian cuisine is the vegetarian version, which seems to really reach for good flavor combinations and bringing the best out of each vegetable. So there is a lot about preparation here, like char-grilling eggplants and tomatoes for a simple relish or dish that is uncomplicated but deep in flavor. A few upma recipes are here--poha (flattened, steamed rice, available at Indian groceries) and one with quinoa, not a traditional Indian ingredient but adaptable to the upma which is essentially savory spiced porridge. I'm often reluctant to make these because if I haven't had the original, I'm not sure I'll get it right--but the poha upma in here looks good. If you are looking for tikka masala, saag paneer and traditional restaurant Indian food, this isn't the book for that. These are recipes you haven't seen before. Some are kind of a waste: I mean melon balls with mint doesn't require a recipe or photo. We know how to do that. But other recipes are new and exciting.

Vegetarian India: A Journey Through the Best of Indian Home Cooking by Madhur Jaffrey has lots of recipes. But with the pictures and variety of locations, Ms Jaffrey has done something wonderful. She's cracked the code of how to turn a cookbook into a travelogue. Taking the readers into kitchens grand like Falaknuma (when there's a spin like asking for a pomegranate Margarita to be made non-alcoholic. These kind of incidents paint a little picture about the author, bartender and the place) but also going to places where the good food flows like the Bombay dubba walla. The book focuses on different parts of India, so even if you are a vegetarian cook from India, you will still appreciate the ingredients and special mixes in the other parts of the country - eg Kasthundi. The berry pulav with its pink astonishing colours, looks so great that I want to try a variant of it with pomegranate. I am going to try naan khatai too. It is more involved than a simple recipe that i have. But I want to see how will it be with sooji and besan flour.

I really like this book for the range of recipes from different regions. The ingredients, especially the many spices which often need to be added to the pan in a quick and specific order, seem to be listed in no particular order. It would be nice if they were listed in the order in which they appear in the recipe as is often the case with a well written recipe list. That way, while I am measuring out all my spices, I could just line them up in the order in which they need to be cooked. As it is, I have to measure them out, and then read back and forth through the recipe to get everything lined up correctly.

This was one of those cookbooks that also takes you on a journey, sharing small stories and history lessons along the way. The recipes were clear, easy to follow, and were grouped in a logical order. The photos were lovely as well. I just wish there was more of everything! I came away with maybe a dozen recipes that I'd likely make regularly, and a few that I want to try at least once. For such a broad topic, I was expecting more recipes and more vignettes from the author's travels throughout the region.

It's a great cookbook! My wife is from Nepal and the two Nepali recipes are indeed genuine tasting. I've tried many recipes and they've turned out wonderful. We especially like "Everyday Okra."

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