



The Indian Vegetarian: Flavors for the American Kitchen

By Batra, Neelam; Rothschild-Sherwin, Shelly

Macmillan, 1994. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The Indian Vegetarian features more than 300 recipes of the zesty meatless dishes Neelam Batra has cooked all her life. Batra translates India's wide range of vegetarian dishes for home cooks, combining authentic Indian spices with local produce and simple cooking techniques to create exciting, satisfying, healthful dishes, ranging from classics to originals. Following a primer on Indian spices and flavorings, The Indian Vegetarian features more than 130 recipes for quenching beverages like Sparkling Limeade, a savory array of appetizers and snacks, piquant salads such as Fresh Spinach Salad with Cumin Yogurt Dressing, and vegetables in all their glory - Pumpkin with Fenugreek Seeds, Royal Eggplant with Garlic and Spices, New Potatoes with Ginger and Cilantro, to name just a few. There are recipes for cooling yogurt dishes like Barbecued Zucchini in Yogurt with Sauteed Mustard Seeds, homemade low-fat cheese preparations, and hearty bean and rice recipes like Black-Eyed Peas with Garlic and Scallions, and Rice with Basil and Sun-Dried Tomatoes. There is also an extensive section on condiments, side dishes, and dressings including Hot and Sour Chili Pepper Chutney, and Cilantro Coconut Chutney....



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