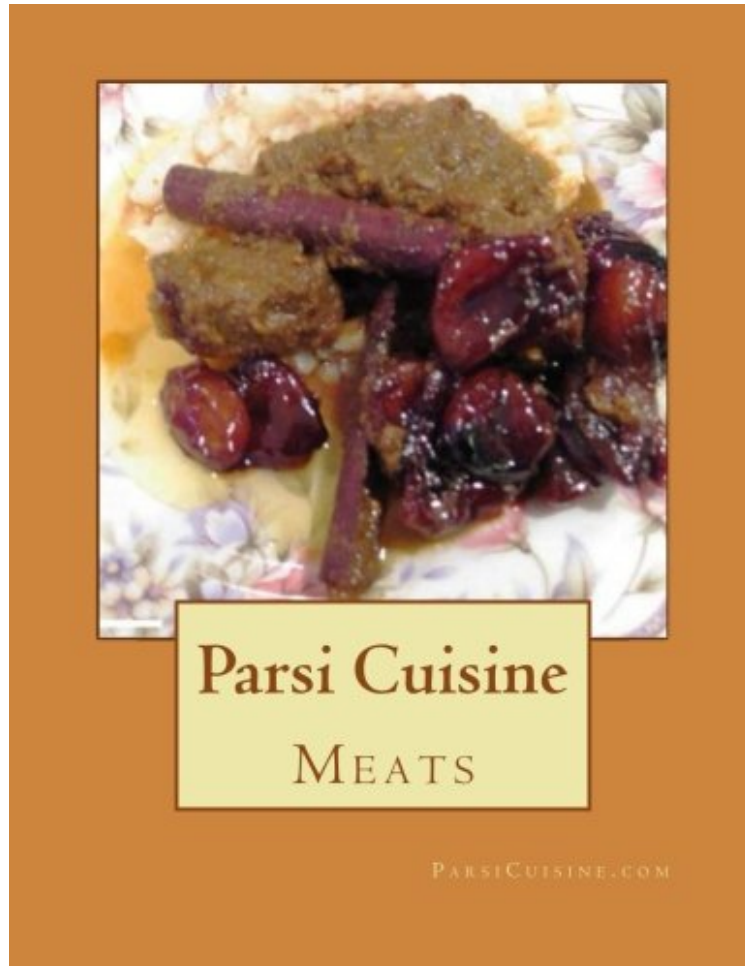


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PARSI CUISINE: Parsi Cuisine

Rita Jamshed Kapadia

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Rita Jamshed Kapadia : PARSI CUISINE: Parsi Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised PARSI CUISINE: Parsi Cuisine:

Parsis enjoy rich feasts at their weddings and celebrations. People-in-the-know love it when they are invited to a friend's wedding. Weddings are huge affairs. Guests are seated at long tables spread with white tablecloths. The First serving begins with a cold drink usually a raspberry, pineapple or orange soda. Next come the bio-degradable banana leaves or plates hot and clean for the feast to begin. Fried rice wafers and a wedding pickle made from carrots and dry fruits and Rotli an Indian bread are placed for a start. First course - A rich egg dish called Akuri (recipe on page 108) is served with a sweet and sour vegetable stew as an accompaniment. (recipe on page 113). Got to eat those veggies! Second Course will be a meat dish. Usually, Fried Chicken almost like the Kentucky southern chicken.

Mutton curry with potato sticks followed by more meat morsels of tender goat meat cooked with yogurt, saffron, almonds and delicate cardamom and cinnamon touches. Third course consists of seafood. One popular item is Chutney Fish. Fish such as Salmon, Cod, Haddock, Sole, or Flounder is enveloped in a coconut chutney, wrapped with banana leaves and steamed. Fourth Course consists of a rice entree ndash; Mutton pulao also known as Biryani with Dhansak Masala Dal is popular. Fifth Course is dessert with Coffee or Tea. A final sweet ending with creamy soft Wedding Custard, an extremely rich dessert, is offered. In the summer Ice-cream or chilled Kulfi, an Indian ice-cream is served as well. After this huge feast a variety of entertainment follows with musical performances. The wedding cake is cut with a champagne toast for the wedded couple and then guests break out in dancing to the tune of the Beatles, American Disco, Rock and Roll and Bollywood music.

From the AuthorThe cookbooks began in an effort to maintain and preserve our recipes and traditions for the next generation, many of whom have been raised in USA, UK,Australia, France, Germany,Canadaand other countries outside of India.From the Inside FlapParsi Zarathushtis from India have settled in North America and other continents making the land they live in their home.nbsp; Adapting to the local produce available, Parsi Cuisine takes on a nuance of that local area. This style of cooking incorporates Indian, Persian, Asian, Mediterranean and other diets.nbsp;This cookbook has Recipes with Historical background of Traditional Parsi Cuisine. Parsi, Persian and Indian Heritage background is given wherever appropriate.nbsp;I have tried to emphasize how nutritious parsi-style of cooking is even now in the 21st century.From the Back CoverCopyright copy;ParsiCuisine.com 2014. nbsp;All Rights Reserved. No part of this publication, text, or photographs can be re-produced,transmitted in any form or by any means, electronically or mechanically,including photo copying, recording on any information storage or retrieval system, without prior permission in writing.nbsp;Disclaimer: All effort has been taken while editing and printing to avoid any mistake in this book. Neither the compilers, publisher, not the printers of the book hold any responsibility for any error that might be inadvertently present. All will be free from any liability for damages and losses of any nature arising from or related to the content.