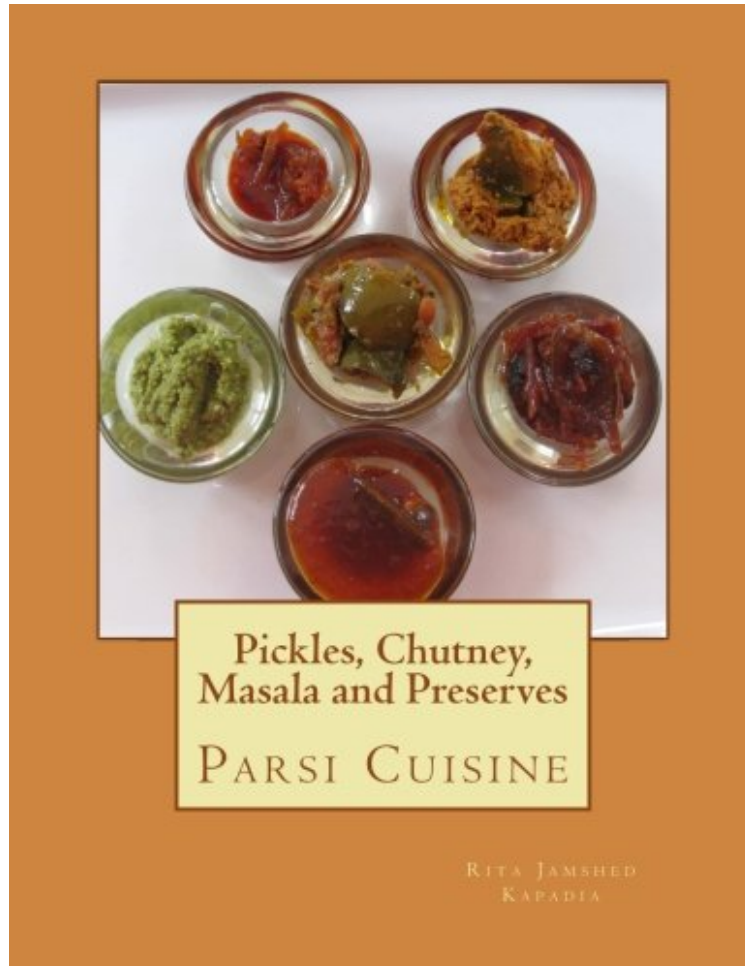


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Pickles, Chutney, Masala and Preserves: Parsi Cuisine

Rita Jamshed Kapadia

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Rita Jamshed Kapadia : Pickles, Chutney, Masala and Preserves: Parsi Cuisine before purchasing it in order to gauge whether or not it would be worth my time, and all praised Pickles, Chutney, Masala and Preserves: Parsi Cuisine:

Pickles are the poor man's vegetable. Did you know in India, many folks eat pickles for lunch with bread? This is actually very healthy and avoids all the cholesterol issues. Pickles have turmeric, fenugreek and other healthy ingredients. Spices and herbs like mint, garlic, ginger and turmeric promote good health.

From the Author The 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, Canada and other countries outside of India. From the Inside Flap Parsi Zarathushtis from India have settled in North America and other continents

making the land they live in their home. 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. This cookbook has Recipes with Historical background of Traditional Parsi Cuisine. Parsi, Persian and Indian Heritage background is given wherever appropriate. I have tried to emphasize how nutritious parsi-style of cooking is even now in the 21st century. From the Back Cover Copyright copy; ParsiCuisine.com 2014. 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. Disclaimer: All effort has been taken while editing and printing to avoid any mistake in this book. Neither the compilers, publisher, nor 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.