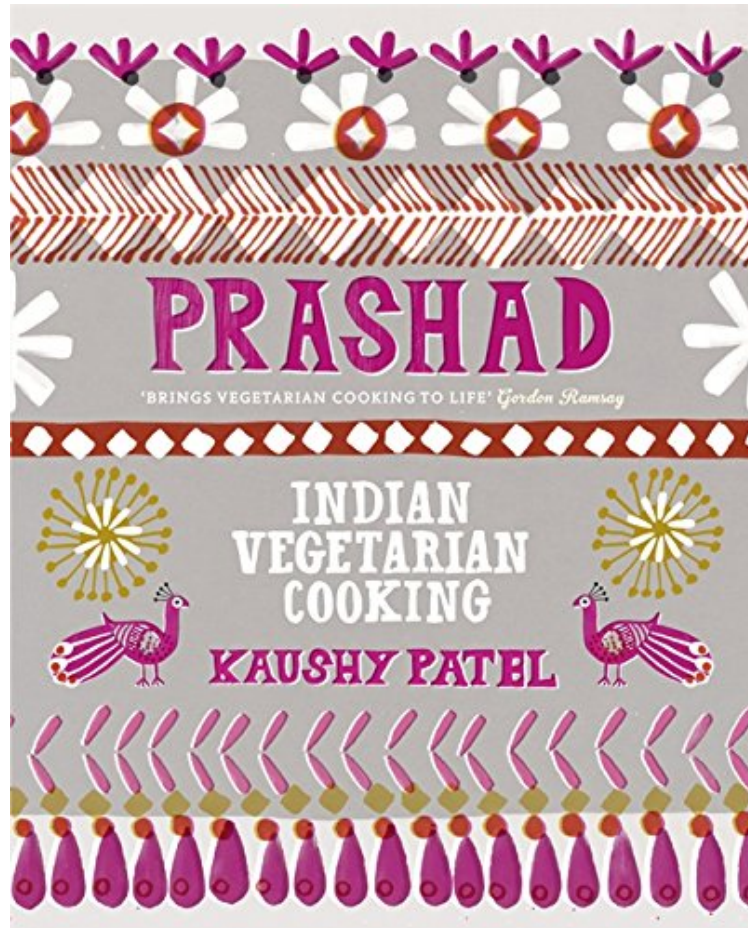


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## Prashad Cookbook: Indian Vegetarian Cooking

*Kaushy Patel*

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**Kaushy Patel : Prashad Cookbook: Indian Vegetarian Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Prashad Cookbook: Indian Vegetarian Cooking:

9 of 9 people found the following review helpful. I ate at the restaurant and really wanted these recipesBy Katoo1I live in Florida and while visiting Northern England my husband and I drove for 3 hours just to have lunch there, after seeing the restaurant featured on Gordon Ramsey's show. The food was so delicious! I have wanted to try to make them ever since, and now I can.Unlike a lot of electronic cookbooks, this one stands out as being super easy to navigate. Indexed, searchable and the writer wants you to succeed with her fabulous recipes and the recipes are full of suggestions. Pricey , but so worth it, it seems like a cooking school course. Written extremely well, I think this book was a long time in the making.Americans, you will need to convert the measurements. Again, so worth it.And now I can make Penthis!1 of 1 people found the following review helpful. A Wonderful CookbookBy rcse3tThis is a great cookbook. The information is well laid out and the table of contents and links work better than any I have used on my Ipad. I have found that I have learned to be a better cook by using these recipes. Make no mistake the recipes take

some skill and patience and planning but the rewards are incredible. Indian cooking often seems a little overwhelming but with Prashad's the process is easy and straight forward. Many of the techniques you learn translate to other recipes in the book so the depth of knowledge grows as you try new and different recipes. Now the question is not "What's for dinner?" but rather "Are you cooking Prashad's?" 16 of 18 people found the following review helpful. Worth the price! A great find! By Psychotic Parakeet Don't let the price of this book deter you from purchasing it. This is a wonderful Indian cookbook with some unique recipes that are not found in others. One of the things that I really love about this book is that some of the appetizers are given an alternate choice of the traditional (deep-fry) or simplified method (baking w/out oil) method of cooking. I'm very health conscious so it is nice to have an alternate way of enjoying food without the oil involved. The Prashad spring rolls are a fantastic recipe, alongside the veggie samosas, kachori (spiced peas garlic), and pethis (garlic-coconut potato balls). The recipe book also contains the street snacks/food found in India, main dishes, rice (the green rice is AWESOME!), breads, salads, dips, chutneys, drinks, soups, and sweets. So many recipes! For those that did not read the title correctly, there aren't any meat and fish recipes in the book so don't bother beating yourself up looking for them. I really do like the fact that the author does clearly label each recipe if they are vegan, wheat-free, onion garlic-free, nut-free, and/or healthy option. There are pages of what certain spices do (along with their respective Indian names), kitchen tips, suggested menus at the back of the book for feeding a party, and venues of where to buy spices etc... There aren't any pressure or slow cooker recipes listed. For the American buyers, I will warn you that the majority of the book does NOT use the typical U.S. Metric System. It will tell you the tablespoon, teaspoon etc... measurements as shown, but when it comes to something like 400 grams of blah blah blah, you need to either have the kitchen gadgets that show that type of measurement or make a chart of the conversions handy when you are in the kitchen. If anything, at least it is a great way to "force" you to learn the metric system that the majority of the world uses. All the recipes are easy to follow, well-written, and stick closely to Northern Indian cooking.

A vibrant and original vegetarian cookbook that brings authentic Indian cooking into your own kitchen—vegetarian food will never taste the same again! 100 delicious vegetarian Indian recipes from Gordon Ramsay's "Best Restaurant" runner-up Prashad. The Patels and Prashad, their small Indian restaurant in Bradford, were the surprise stars of Ramsay's "Best Restaurant" TV show in autumn 2010. Everyone who saw them fell in love with this inspirational family dedicated to serving delicious, original vegetarian food. At the heart of the family is Kaushy, who learned to cook as a child growing up on her grandmother's farm in northern India. On moving to northern England in the 1960s, she brought her passion for fabulous flavors with her and has been creating and perfecting dishes ever since. Never happier than when feeding people, Kaushy took her son Bobby at his word when he suggested that she should share her cooking with the world—a laundrette was converted first in to a deli and then a restaurant, and Prashad was born. Now Kaushy shares her cooking secrets—you'll find more than 100 recipes, from simple snacks to sumptuous family dinners, to help you recreate the authentic Prashad experience at home. Whether it's cinnamon-spice chickpea curry, green banana satay, spicy sweetcorn, or chaat—the king of street-side India—there's plenty here for everyone to savor and share.