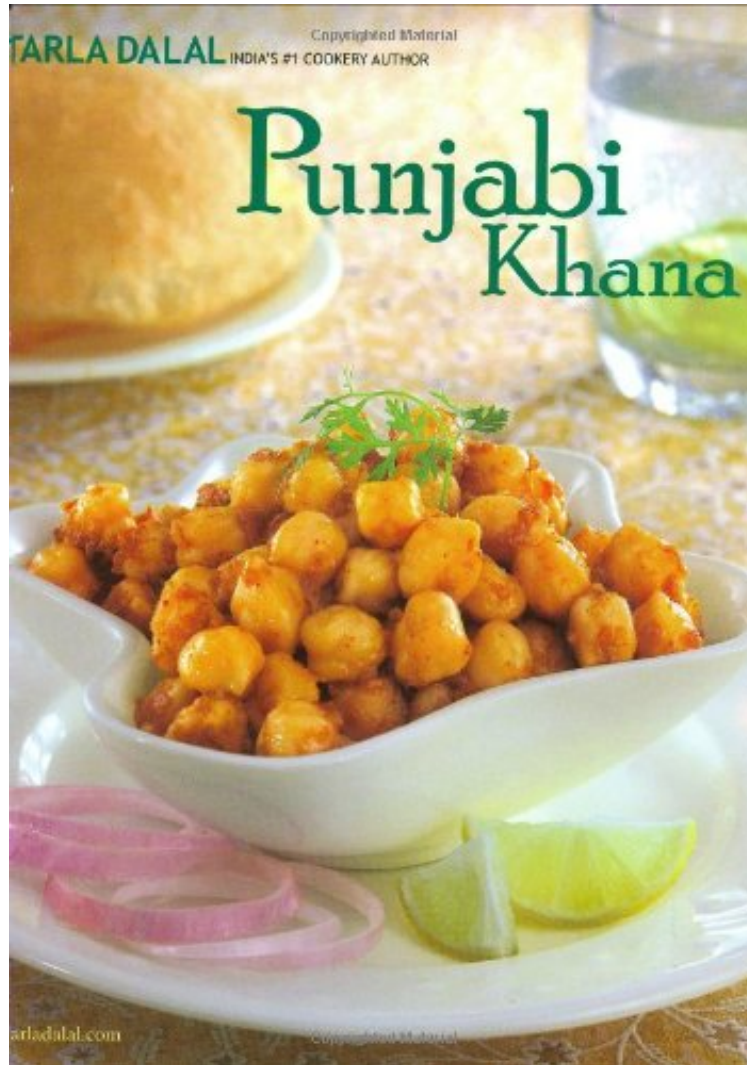


Punjabi Khana

Tarla Dalal

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prepare these recipes. None of the ones I've tried so far have been quickies.

DESCRIPTION For most people Indian cooking is synonymous with Punjabi food. Punjabi Khana is a book that is very close to my heart and dedicated to the food enthusiasts who love to sample genuine Punjabi dishes. Every recipe in this book has been tried and tested by me and my team of expert cooks to provide you with completely authentic Punjabi recipes. It is a compilation of authentic vegetarian recipes along with some vegetarian versions of non-vegetarian Punjabi delicacies. All the recipes in this book are simple and easy to follow so go ahead, delight yourself by taking your pick from the delectable recipes given in the book.

About the Author Mrs. Tarla Dalal is India's best - selling cookery author since over 2 decades. She has written a total of 100 titles, several of which have been translated in various languages like Hindi, Gujarati, Marathi, Bengali and even Dutch and Russian! The total sales of her cookery books exceed 3 million copies. Her first book *The Pleasures of Vegetarian Cooking*, which was published in 1974, was an instant success with Indian housewives. The book, which is considered a classic in cookery books, has sold a record 1,50,000 copies. Lately there has been a new addition to the list called the **TOTAL HEALTH SERIES**. These are health related cookbooks with recipes and information on various subjects like *The Pregnancy Cookbook*, *Baby and Toddler food*, *Delicious Diabetic Recipes*, *Fast foods made Healthy*, *Healthy Breakfast*, *Healthy Soups and Salads*, *Cooking with 1 Teaspoon of Oil*, *Healthy Soups and Salads*, *Healthy Breakfast and Calcium Rich Recipes* has been her best selling book recently. In addition to writing cookbooks, Mrs. Tarla Dalal also has a major web presence in the form of tarladalal.com, the largest Indian food site.