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Vidhu Mittal


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#1196088 in Books Interlink Pub Group 2009-06-10Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 .91 x 9.28 x 11.20l, 2.70 #File Name: 156656770X208 pages | File size: 50.Mb

Vidhu Mittal : Pure and Simple: Homemade Indian Vegetarian Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised Pure and Simple: Homemade Indian Vegetarian Cuisine:

39 of 41 people found the following review helpful. Beautiful cook book that's informative!By ChristyMy husband gave me four different Indian cookbooks (The Spice Box: A Vegetarian Indian Cookbook (Vegetarian Cooking), From Mom With Love . . . : A Complete Guide to Indian Cooking and Entertaining, The Everything Indian Cookbook: 300 Tantalizing Recipes--From Sizzling Tandoori Chicken to Fiery Lamb Vindaloo (Everything: Cooking)) for Christmas this past year and have been making Indian food regularly since then. This cookbook is beautifully laid out with step by step pictures for each recipe. A lot of the dishes are new to me, seeing a picture of the end product is extremely helpful. The beginning of the book offers plenty of information for novice Indian cooks. I particularly liked the Goodness of Legumes section because I wasn't familiar with all the different lentils and their names. It was easy ordering them when I had both the common English name as well as the Indian name. My only complaint of the book is that the dal dishes (plus potatoes, green bananas,etc) are cooked in a pressure cooker which I don't have. So, I have to cook by trial and error on the stove top until I get one.Here are some of the recipes I've made and how I feel about

the end product:Cabbage and Peas: I needed to use up some left over cabbage and tried this dish. It wasn't full of flavor which disappointed me but not bad as a side dish (but it is considered a main dish)Gram Flour Coated Zucchini: this dish looks great in the picture but mine turned out nothing like it. I went back over the ingredient list and made sure I followed it to the letter, but mine was over spiced. The 1 tsp chili powder was obviously too much and not included in the dish that was pictured!Spicy Chickpeas: we love this dish at a nearby Indian restaurant so I tried this recipe. It was a little too tangy for us but still pretty good.Flaky Mint Bread: my favorite bread so far! A bit of work but worth it.Spicy Indian bread: again, a lot of hands on work but the end product is delicious!Carom Spiced Puffs: a little disappointed. Mine didn't puff up like the picture (some puffed a little some not at all) and the picture looks like white flour was used rather than wheat (which is called for). Otherwise, the taste was ok but I don't think I'll be making it again.Liquid Yogurt Salad: my favorite raita! Easy to make and goes great with any spicy dish.Some recipes are work intensive and others that can be put together with little effort. Some recipes call for ingredients that may be hard or next to impossible to acquire but most can be purchased from your local store or Asian market. This Indian cookbook is my best looking cookbook and I'm always looking through it. But my best dishes haven't come from this book.0 of 0 people found the following review helpful. Five StarsBy DirectorLove this cookbook2 of 2 people found the following review helpful. great cookbook for beginners!By mmshuklathis book is a must for beginners who want to learn how to cook indian food. the recipes are straight forward with large photographs. this book even provides an introduction of all different types of ingredients used for indian dishes, as well as a section that shows how to prep different food items a beginner may not know, like working with fresh coconut or blanching tomatoes. this book has the perfect balance of recipes to please even the most traditional eater.

A mouthwatering collection of recipes reflecting the very best of Indian vegetarian cuisine With step-by-step photographs for over 100 classic and contemporary vegetarian recipes, Pure and Simple makes preparing Indian food absolutely easy. Whether you are whisking yogurt or kneading dough, each recipe includes photographs so that you can check to make sure you are achieving the right result at each stage. Pure and Simple also includes information on spices, vegetables, and kitchen tools, along with useful tips for each recipe. A separate section on cooking processes is helpful for both beginning and experienced cooks. * Useful information on spices, vegetables, and kitchen tools * Invaluable step-by-step photographs that make Indian food very easy to prepare

From Publishers WeeklyDiners hesitant to attempt Indian dishes will be reassured by the steady, reassuring voice of culinary expert Mittals. In this collection of over 100 classic and contemporary dishes, readers are guided, literally, through step by step instructions for Aloo Gobi, a litany of lentil dishes, and other vegetarian fare, with the inclusion of color photos illustrating key steps. Approachable enough for a beginner (dominated by staples such as pilafs, fritters, and stews), Mittal has an eye for presentation as well, evidenced by the multicolored Sweet Coconut Squares, coconut cakes topped with silver leaves and chopped pistachios; Spicy Chat Bowls that cradle a variety of fillings; and domed Semolina Cakes. Though most recipes come together fairly quickly, those new to Indian cooking will likely need to invest in a pressure cooker and a handful of other items, not to mention spices and key ingredients, in order to complete many of Mittal's dishes. Once properly equipped, home cooks will find this a handy, confidence-building guide to vegetarian fare. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.About the AuthorVidhu Mittal is one of India's best known culinary experts. Based in Bangalore, she has been conducting cooking classes for over 15 years and is a regular contributor to international magazines and specialized websites. A vegetarian herself, she has spent many years creating a wide range of simple and easy-to-prepare recipes that are flavorful, colorful, and delicious.