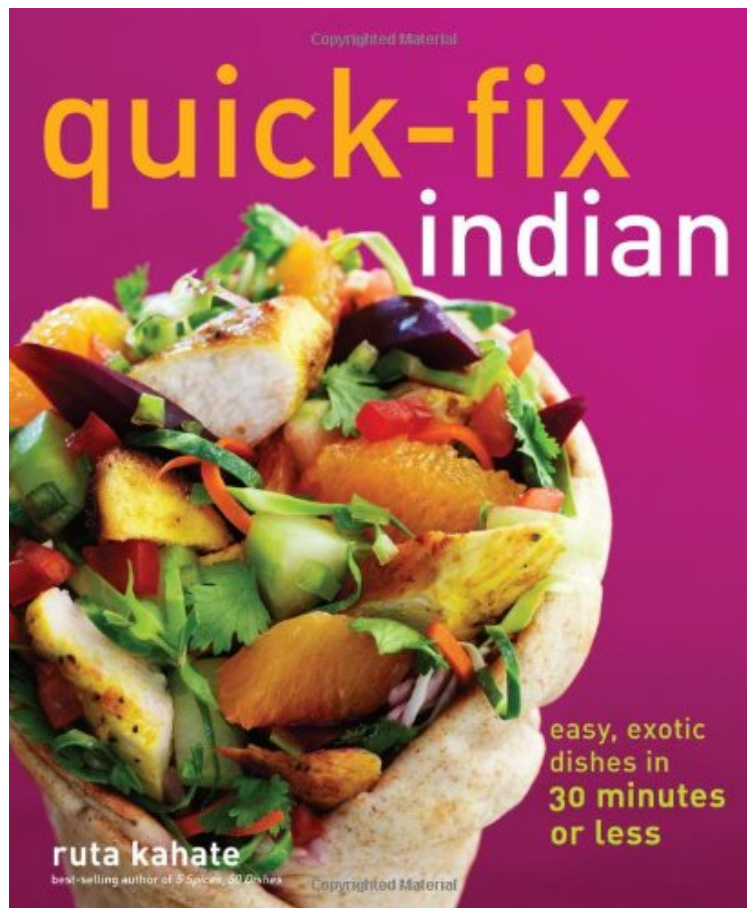


[Read now] Quick-Fix Indian: Easy, Exotic Dishes in 30 Minutes or Less (Quick-Fix Cooking)

## Quick-Fix Indian: Easy, Exotic Dishes in 30 Minutes or Less (Quick-Fix Cooking)

Ruta Kahate

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#763980 in Books Ruta Kahate 2012-05-15 2012-05-15 Original language: English PDF # 1 8.90 x .80 x 7.40l, .96 #File Name: 1449409776224 pages Quick Fix Indian Easy Exotic Dishes in 30 Minutes or Less | File size: 34.Mb

**Ruta Kahate : Quick-Fix Indian: Easy, Exotic Dishes in 30 Minutes or Less (Quick-Fix Cooking)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Quick-Fix Indian: Easy, Exotic Dishes in 30 Minutes or Less (Quick-Fix Cooking):

0 of 0 people found the following review helpful. Good, easy recipes By Kalankit Haseena I just bought this book for a Gringa friend who wanted to try Indian cooking without the fuss. I have not actually cooked from this book, but I rely on "5 Spices, 50 Dishes" frequently so I trust Mrs. Kahate. Now, this book, while lovely, is printed on cheap paper with black-and-white (or shall we say red-and-white) photos only. Why? One would like to have something nice to look at. I don't mind paying a few dollars more. While all the recipes look great, the author has made the mistake of including a recipe for that abominable embarrassment of culinary fusion -- the Bread Pakora. Ruta, how could you? If you own the book, take a sharpie and cross out the recipe for Indian-style "French" toast. It is nasty. 0 of 0 people

found the following review helpful. This woman is a geniusBy olivegirl54I discovered Ruta Kahate when Yoga Journal published three of her recipes in an issue a few months ago and all three of them were easy and delicious. I have two other Indian cookbooks, but based on those three recipes I knew I wanted more Kahate, Google-searched her, and found this cookbook. I just made her "Restaurant Style Dal Fry" last night from this cookbook, and exactly as I'd hoped, it was also easy and delicious. I've been making Indian food for years (since I became a vegetarian 12 years ago) and I've never been able to put in so little work to get such amazing dishes. It's weird because she uses fewer spices than most Indian cookbooks, but that seems to allow each flavor to really emerge and the veggies and beans in them to really shine. This book isn't all vegetarian, so if you're veg like me, you'll have to pick and choose/modify, etc. but still well worth the money.0 of 0 people found the following review helpful. A good gift ideaBy DxCGiven as a gift and received well.

Ruta brings a fresh perspective to a cuisine most people think of as mysterious, complex to cook, and overly rich. Her Indian food is stylish, modern and lightacirc;euro;rdquo;equally at home with a glass of Pinot Grigio or mango lassi. Rutaacirc;euro;trade;s 125 quick and easy Indian recipes all made in 30 minutes or less comprise the 5th cookbook in the highly successful AMP Quick-Fix series.For too long, Indian cuisine has been perceived as complex and time-consuming to prepare. Quick-Fix Indian aims at making Indian cooking accessible to everybody--the beginner, the experienced cook, absolutely anyone wanting to try his or her hand at a new cuisine.The 125 dishes in Quick-Fix Indian are modern and fresh, yet rooted in tradition. These recipes are identifiable as Indian, but that's where the familiarity ends--most of these recipes haven't been seen before, anywhere.While the dishes are simple to make, they are by no means simplistic. They are bright, modern, and complex tasting, belying the fact that they only took 30 minutes or less to prepare. The recipes range from quick breakfasts and soups, to curries, snacks, and sweet drinks. Some of the recipes included are: Chickpea Salad with Pomegranate , Stir-Fried Beef with Peppers, Beet Raita with Cilantro, Sweet Coconut Rice, Spicy Coastal Scramble, Pan-Fried Silky Eggplant, Coriander Shrimp with Zucchini, and Kids' Favorite Banans Fritters.While most of the recipes use easy-to-acquire ingredients, there are a few that will require a trip to a health-food or Indian store. As an added bonus, the book also lists 'exotic' substitutions for readers who'd like to try them. For example, mustard oil adds a special zing to the Sprouted Mung Bean Salad, but canola oil works just fine.And finally, this cookbook is fun. Written in a lighthearted manner, Quick-Fix Indian amuses readers while also providing solid information.

About the AuthorRuta Kahate, chef, author, and culinary travel guide, spent the first half of her life criss-crossing the Indian subcontinent, learning the variety of regional Indian food. Moving to the San Francisco Bay area, she ran her own cooking school and worked as a food consultant, all the while putting her own modern touch on this ancient cuisine. She has been covered in both print and TV media. Currently, she's partnered with Geographic Expeditions as their exclusive culinary-tour leader in India. She divides her time between the San Francisco Bay area and Goa, India where she's building a destination culinary center. Online: [ruta.in](http://ruta.in)