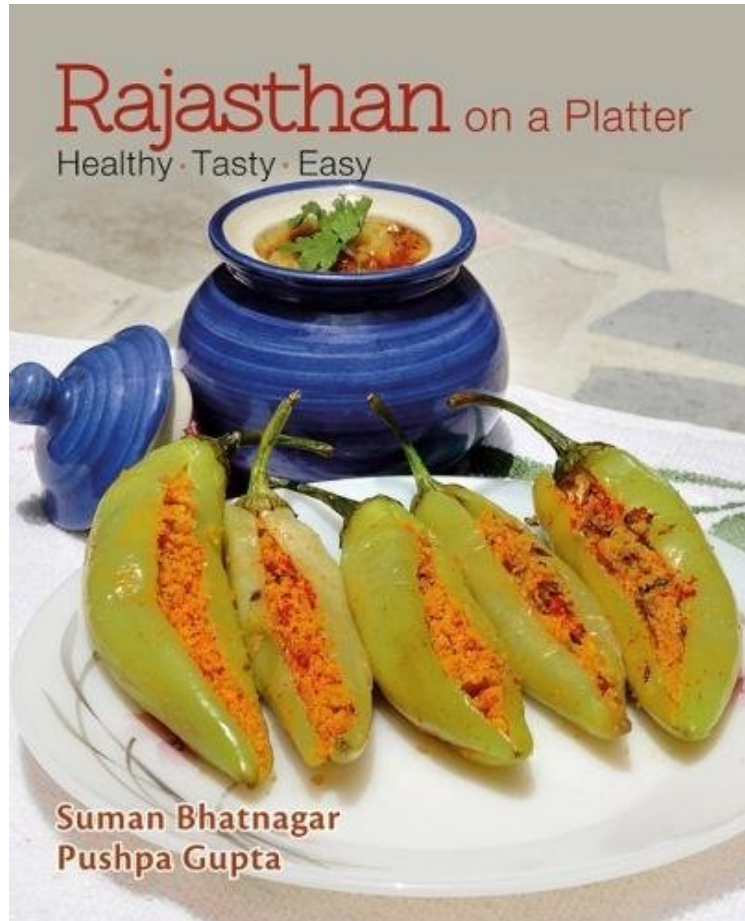


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Rajasthan On A Platter: Healthy, Tasty, Easy

Dr. Suman Bhatnagar, Dr. Pushpa Gupta
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Dr. Suman Bhatnagar, Dr. Pushpa Gupta : Rajasthan On A Platter: Healthy, Tasty, Easy before purchasing it in order to gage whether or not it would be worth my time, and all praised Rajasthan On A Platter: Healthy, Tasty, Easy:

The book presents traditional, easy-to-cook Rajasthani meals and related food recipes, for young homemakers, future chefs and all food connoisseurs. It transfers homegrown knowledge to the young generation and caters to multicultural readership. Each recipe has been combined with supplementary food items to present the concept of a tasty, wholesome and nutritious meal. They focus on a fast-changing society where "snacking" is replacing full sit-down meals and "finger food" and "quick bites" fulfill the purpose of a light dinner. The dishes add plenty of nutritive value to the diet and cater to the eating habits and fast lifestyle of the multi-tasking generation. The select recipes are grouped in five categories cereals, pulses, vegetables, non-vegetarian dishes and special dishes for festivals. Contents: Welcome to Rajasthan and the Local Cuisine (Padharo Mahre Desh); Flavours of Cereals (Zaika Anaj Ka); Wheat; Sadi bati;

Churma; Dupper; Missi roti; Gulgule; Lapsi; Daal dhokli; Wheat ghughari; Wheat flour roti; Puri; Plain paratha; Bharwa / aloo paratha; Sabzi paratha; Meetha paratha; Halwa; Doodh dalia; Maize; Maize roti; Makki ka dhokla; Raab; Maize papadi / khichiya; Bhutta pakodi; Bhutta sabzi; Bhutta pulav; Jajaria; Bhutta barfi; Bajra; Bajra kheech; Bajra gudmudia; Bajra khichada; Power of Pulses (Damdaar Daalen;) Mixed daal; Mangodi / badi; Mangodi ki sabzi; Kadhi pakodi; Pakodi sabzi; Besan gatte; Sabut moth; Besan chakki; Vegetables in a Variety (Sabziyan Swaad-bhari); Ratalu sabzi; Bharwa besan mirch; Mirchi bada; Kachha kela chhilka sabzi; Dried vegetables curry; Pach kuta / ker sangri; Meethi dana methi sabzi; Dana methi papad; Lahsan chutney; Papad sabzi; Kachhi haldi ki sabzi; Mirchi ke tapore; Meat, Poultry, Eggs (Maansahaari Zaika); Laal maans; Keema matar; Chicken curry; Egg curry; Fish curry; Fish fry (snack/ starter).