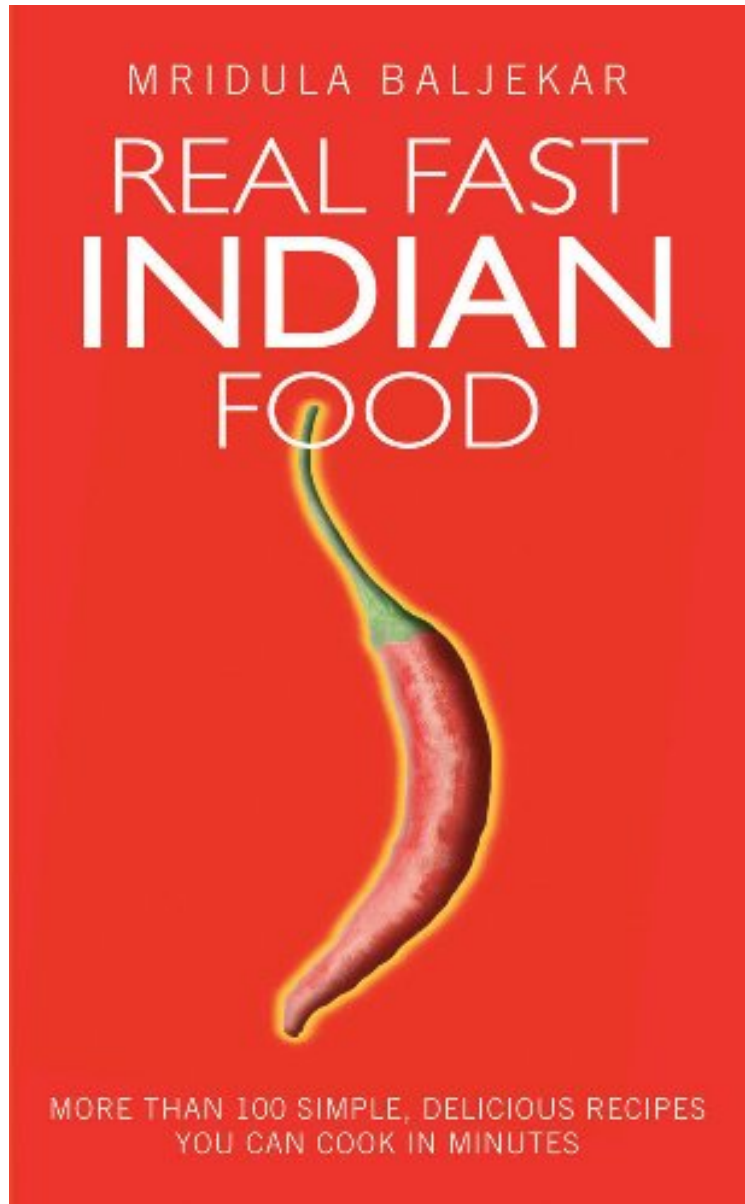


[Download] Real Fast Indian Food: More Than 100 Simple, Delicious Recipes You Can Cook in Minutes

Real Fast Indian Food: More Than 100 Simple, Delicious Recipes You Can Cook in Minutes

Mridula Baljekar

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Mridula Baljekar : Real Fast Indian Food: More Than 100 Simple, Delicious Recipes You Can Cook in Minutes before purchasing it in order to gage whether or not it would be worth my time, and all praised Real Fast Indian Food: More Than 100 Simple, Delicious Recipes You Can Cook in Minutes:

2 of 2 people found the following review helpful. Great recipes!By Mom#39;s I am new to cooking Indian food. This is not the most beautiful book but I have really liked the recipes I have tried out. For me, cooking Indian food is never fast but making big batches of curry sauce to freeze for later does speed things up a bit. The recipes are easy to follow with relatively fewer ingredients compared to some of the other fancier-looking recipe books I have seen and the ingredients have been easy to find as well (we do live by a small Indian Grocery though). I have no idea if I am making the dishes correctly (no pictures) but they TASTE great to me!2 of 2 people found the following review helpful. Real Fast Indian Food by Mridula BaljekarBy Dr. Joseph S. MarescaThis book is an excellent reference for formal Indian cooking.It describes classic meals; for instance, Paneer Kabobs with dried prunes, Madras Fish Curry, Kaftas in Lentil Soup and hundreds of other fine foods/recipes. This book would be helpful if you were cooking for an Indian guest or family.It would be useful for chefs and persons desiring to emulate an international flavor in the recipes presented to guests.11 of 11 people found the following review helpful. Some new combinations and flavorsBy Radhika NairPositives: The recipes are very descriptively named, so one can really get seduced into trying out a recipe! No extra-long list of ingredients.She introduces common ingredients found in the American markets, that are not usually used in Indian cooking to create some interesting combinations.Ex: Broccoli and Red pepper raita, Tuna burgers, Dill rice, Salmon in creamy sauce etc. There is a section for microwave cooking. Lots of salads and veggie dishes that are totally new to Indian food lovers are in here..Drawback: Absolutely no pictures..so first time cooks and new Indian cooks, might not be happy.It isn't fast cooking..but its cooking that's well worth the time. Preparing curry sauces beforehand is what makes her concept of cooking "fast" work.However, I like to create a smaller version of her sauces and use it immediately. The Madras Curry sauce is great..makes your food look and taste like those served at the Indian restaurants..

Mridula Baljekar shows that creating delicious Indian dishes with fresh ingredients need not be time-consuming. All it takes to make her tasty and authentic meals is a little organization and a few simple steps. Enjoy both classic and contemporary dishes gathered from her many travels throughout India—recipes like Spinach and Potato Soup with Fresh Ginger, Chili Chicken with Coconut and Curry Leaves, Fish in Aromatic Yogurt Sauce, and Onion Raita with Roasted Peanuts. Ranging from soups to sweets, Real Fast Indian Food also includes a guide to ingredients and a menu planner. Mridula Baljekar is a leading authority on Indian cooking; among her many books are Curries: Fire and Spice, The Real Balti Cookbook, and The Complete Indian Cookbook.

From Booklist Many people think of Indian cooking as mostly long-simmered curries or marinated-for-hours meats. Baljekar cooks Real Fast Indian Food in just minutes. Each of her recipes can be prepared in 30 minutes or less, and the dishes display the full panoply of the Indian spice cupboard to ensure piquancy. Use of weights instead of volume measures will frustrate some Americans, but current interest in Indian food, easy preparation, and the book's many quick and unusual vegetarian recipes appeal to a broad audience. Mark Knoblauch Copyright copy; American Library Association. All rights reserved "Many people think of Indian cooking as long-simmered curries or marinated-for-hours meats. Baljekar cooks Real Fast Indian Food in just 30 minutes or less, and the dishes display the full panoply of Indian spices to ensure piquancy...the current interest in Indian food, easy preparation, and the book's many quick and unusual vegetarian recipes will appeal to a broad audience." nbsp;mdash;Booklist