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Real Indian Cookery: A 21- Day Course

Veena Chopra

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Veena Chopra : Real Indian Cookery: A 21- Day Course before purchasing it in order to gage whether or not it would be worth my time, and all praised Real Indian Cookery: A 21- Day Course:

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A prizewinning chef from the Punjab has prepared this 21-day traditional tutorial on her native cooking. The book includes a daily course of three or four dishes, from chapati to samosas, and eventually leads up to elaborate courses such as stuffed peppers, royal chicken, pork vindaloo and sweet courses. The author offers insight into regional cookery, from the garlic and ginger of Kashmir to the sweet and sour fish dishes of Bengal. She also provides tips on making basic ingredients, such as extracting tamarind pulp and making garam masala.