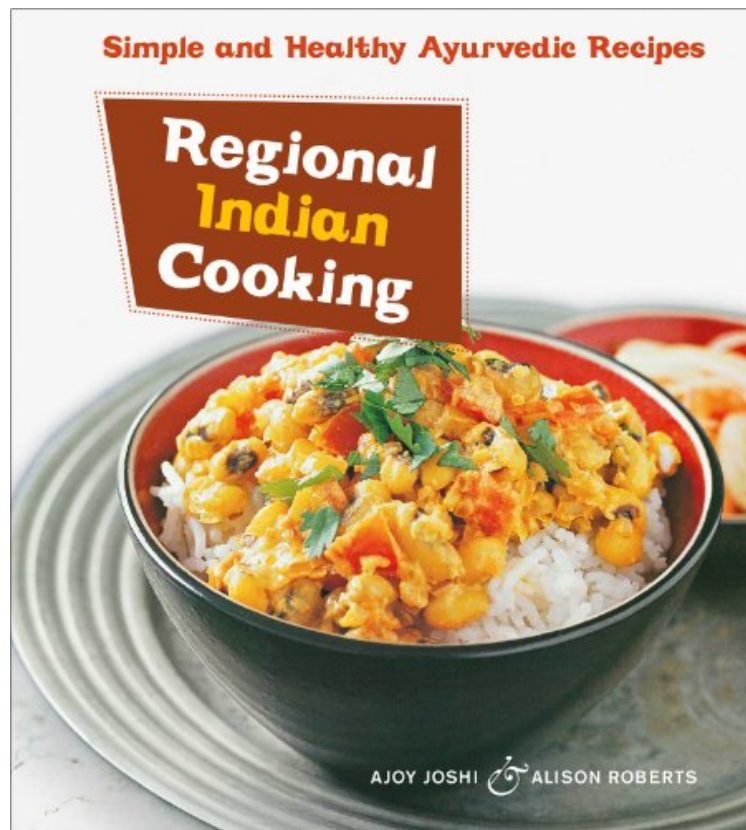


(Free) Regional Indian Cooking: Simple and Healthy Ayurvedic Recipes [Indian Cookbook, Over 100 Recipes]

## Regional Indian Cooking: Simple and Healthy Ayurvedic Recipes [Indian Cookbook, Over 100 Recipes]

*Ajoy Joshi, Alison Roberts*

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**Ajoy Joshi, Alison Roberts : Regional Indian Cooking: Simple and Healthy Ayurvedic Recipes [Indian Cookbook, Over 100 Recipes]** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Regional Indian Cooking: Simple and Healthy Ayurvedic Recipes [Indian Cookbook, Over 100 Recipes]:

3 of 3 people found the following review helpful. awesomeBy Don FelipeI took a one day Indian cooking class here in New York, and bought this book as my guide. Amazing. Even though we have so many options for Indian food here, our friends rave that ours (cooked from this book) is the best they've had. I think this is for a couple of reasons. 1) The author has chosen some of the best dishes from each region, often from restaurants in India that feature them. This has always seemed like the smartest path to great dishes. Find a great dish from an expert, and emulate it. 2) Recipes can appear ominous at first. However, most of the ingredients are just one spice. So... many recipes are doable in an hour or less. 3) Most of the recipes are made from scratch and include fresh produce. Fresh garlic and ginger instead of paste from a jar purchased at an Indian market, etc. Make your own curry rather than buy curry in a tub. This may be the reason we are so pleased with the dishes. I'm not sure what the quality of the lamb or fish is at Indian restaurants in our hood. Yet, it seemed like we'd never experienced fresh high quality cod (even the high quality restaurants) before

cooking on our own. Perhaps the heavily spiced food lowers the quality of produce in restaurants.4) Many spices are freshly ground (ground cumin seeds, coriander seeds....). May sound like a pain, but a coffee grinder does it in less than a minute. If you've always used powdered spices, you won't believe how vibrant freshly ground spices are. We now freshly grind spices for other cuisines as well. The only negative: You'll lose some enthusiasm for your local Indian restaurants. 1 of 1 people found the following review helpful. All that's needed is access to spices now ordinarily located in any good supermarket. By Midwest Book Review The five main regions of India produce very different dishes - and here to celebrate and explore them is REGIONAL INDIAN COOKING, profiling differing food philosophies of each area. Chapters cover techniques, basic spice mixtures, and dishes from appetizers to dessert, with color photos throughout making it simple for cooks to follow along. All that's needed is access to spices now ordinarily located in any good supermarket. Diane C. Donovan California Bookwatch

Take a tour of India in your own kitchen with this simple and easy-to-follow Indian cookbook! Regional Indian Cooking celebrates the cooking styles and regional specialties of the five main regions in India: North, South, East, West and Central; each with its own distinctive geography, lifestyle and culture. In keeping with the Indian philosophy of balance and the ancient principles of Ayurveda, author Ajoy Joshi makes it easy for cooks of all abilities to prepare unusual and delicious Indian dishes using only the freshest ingredients and spices that promote health and well-being. Each of the 120 recipes is presented in simple steps with helpful suggestions for delicious meat or vegetarian menus serving up to eight. Authentic Indian recipes include: Spiced Spinach (North) Chicken Biryani (South) Shrimp Balchao (West) Homestyle Meat Broth (Central) Mango and Pistachio Ice Cream (East) Each region's cuisine has highlights to offer the home cook, from mouthwatering marinated kebabs of the north to the hot and spicy curries of the South. Emphasis on different ingredients distinguishes the East, with its use of mustard oil and curry leaves, from the abundant seafood and coconut-rich dishes of the West. The journey ends with the subtle melting pot of Central cuisine, which blends the best of the surrounding regions with centuries of global influence, and comes closest to defining Indian food around the world.

From Publishers Weekly India is a vast country, whose regionally and culturally diverse inhabitants have different culinary traditions. This volume, while not comprehensive, is a good introduction to distinct Indian cooking styles; beautifully photographed and stylishly designed, it's also user-friendly enough for cooks who don't know coriander from coconut. Representing West India are such curry house favorites as oily Onion Pakoras, spicy with chili powder and garlic; and hearty, soupy Red Lentil Dal. Goan-Style Lamb, which can also be made with beef or goat meat, is fork-tender and unctuous. The chapter on East India features several appealing seafood dishes, like fragrant Fish In Mustard Oil With Five Spices and finger-licking Fried Fish With Tomatoes. South India offers filling vegetarian dishes, including Stuffed Eggplant and addictive Fried Potatoes with Dill. The most unexpected desserts are northern India's Warm Apple Pudding and central India's Bread And Butter Pudding, both tasty reminders of India's colonial past. The volume also includes a brief discussion of "the elements and how they affect your dining pleasure," alongside a perhaps more practical guide to unusual ingredients. While it's interesting to know how the element of air might affect one's meal, it's almost certainly more helpful to know how cumin will do the same. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "hellip;we'd happily give up garden-variety Indian take-out for Joshi's Spiced Hardboiled Eggs (with red chile and tamarind), Fried Potatoes with Dill, Eggplant with Apple, and Kashmiri Lamb Korma (with cardamon, ginger and chile powder)." mdash;Fiery Foods BBQ blog "This volume [hellip;] is a good introduction to distinct Indian cooking styles; beautifully photographed and stylishly designed, it's also user-friendly enough for cooks who don't know coriander from coconut." mdash;Publishers Weekly About the Author Ajoy Joshi was trained in Madras (now Chennai), India and started his career at the prestigious Taj Group of Hotels, where as Executive Chef he orchestrated the opening of the now famous Karavali Restaurant, renowned for coastal South Indian Cuisine. Ajoy now lives in Sydney, Australia and is the chef and co-owner with Meera Joshi of Nilgiri's Restaurant and Nilgiri's(at)Home. Ajoy and Meera are sought after for their popular cooking classes and fabulous food demonstrations. Ajoy Joshi, with Jan Purser, is also the author of Indian Home Cooking (Tuttle Publishing). Alison Roberts has been a food editor, writer and recipe developer for more than 10 years and is a regular contributor to numerous food magazines, including Super Food Ideas. Regional Indian Cooking reflects Alison's passion for food and healthy eating. Alison lives in Sydney, Australia with her husband and two beautiful children.