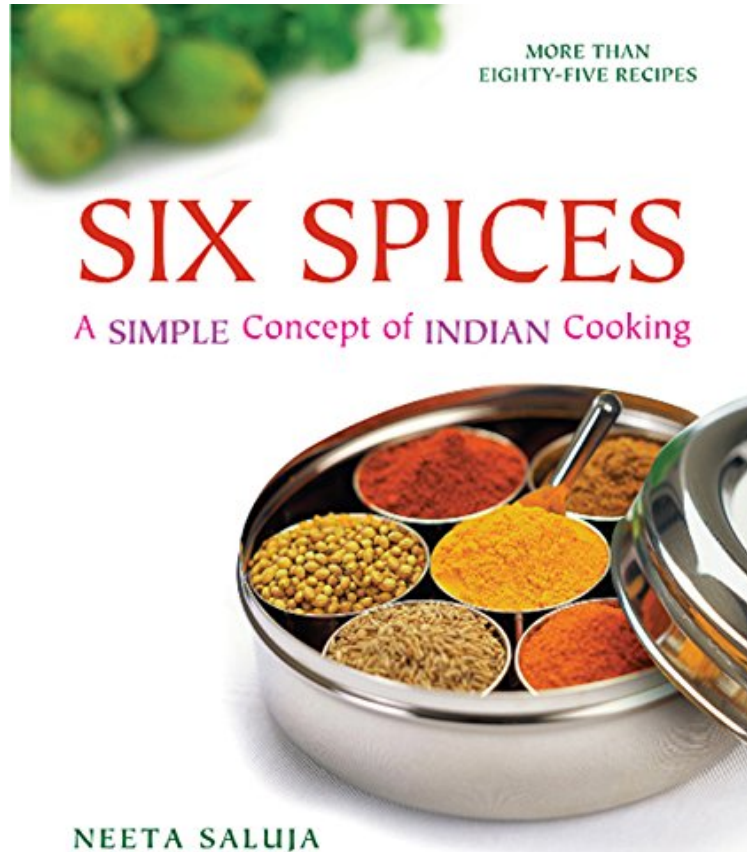


(Ebook free) Six Spices: A Simple Concept of Indian Cooking

## Six Spices: A Simple Concept of Indian Cooking

*Neeta Saluja*

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#243308 in Books Saluja Neeta 2014-02-25Original language:EnglishPDF # 1 9.40 x .60 x 7.90l, 1.30 #File Name: 0789211750192 pagesSix Spices A Simple Concept of Indian Cooking | File size: 77.Mb

**Neeta Saluja : Six Spices: A Simple Concept of Indian Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Six Spices: A Simple Concept of Indian Cooking:

3 of 3 people found the following review helpful. Recommended, for sureBy L. TaylorI love this cookbook. I've made about four recipes so far and they were all delicious. The ingredients and spices are not hard to find, and the flavors of some of the simple foods, with red beans, or eggs and potatoes, is really remarkable. If you can find these spices in bulk, some of these recipes are actually quite economical.1 of 1 people found the following review helpful. Good introduction to Indian cookingBy CMGood introduction to Indian cooking, but I ended up returning it because I felt I'd outgrow it pretty quickly. There wasn't much about tempering spices here, and not many new combinations I could play with.0 of 0 people found the following review helpful. Great starting pointBy I am not a SMURFI've always wanted to learn but felt so intimidated by the complex Spice and ingredients needed. This cookbook gets you started in an easy and accessible way.

The art of Indian cuisine at your fingertips.Neeta Saluja simplifies Indian cooking with a unique approach to its

preparation. She focuses on the fundamentals—the special ingredients and techniques every cook can use to create fragrant, delicious, and well balanced dishes. *Six Spices* demystifies the exotic and complex flavors of Indian cuisine by explaining the characteristics of its essential ingredients—hot chili powder, aromatic coriander, sweet cumin, roasted nutty mustard seeds, bold asafetida, and hearty turmeric. But here is the twist: the book also reveals the methods used to incorporate them into exquisite, authentic recipes. Keeping clarity and simplicity in mind, Saluja has created recipes easy enough for beginners, yet inspirational enough to encourage inventiveness in the more seasoned cook. Readers will discover that seasoning with chounk is one of the basic techniques used to enhance the flavor of beans and legumes. A dish of red lentils will become memorable when infused with aromatic seasoning of hot ghee, fresh herbs, and spices; and cooking with masala, or curry paste, can turn a humble dish into the essence of Indian cuisine. Saluja has taken the fear out of approaching unfamiliar culinary fare. Her recipe collection has been tasted and tested throughout her more than twenty years of teaching and cooking Indian food.

Praise for the previous edition of *Six Spices*: Cookbook Selection, New York Times Book , Summer Reading Issue “If you enjoy Indian cuisine you will appreciate the straightforward approach and easy recipes.” —Philadelphia Inquirer “Nicely illustrated and well formatted, this is a good resource for those looking for an introduction to authentic Indian cooking.” —Library Journal “Culinary instructor Neeta Saluja makes the subcontinent’s cuisine even more accessible with her idiot-proof book *Six Spices*.” —The Onion