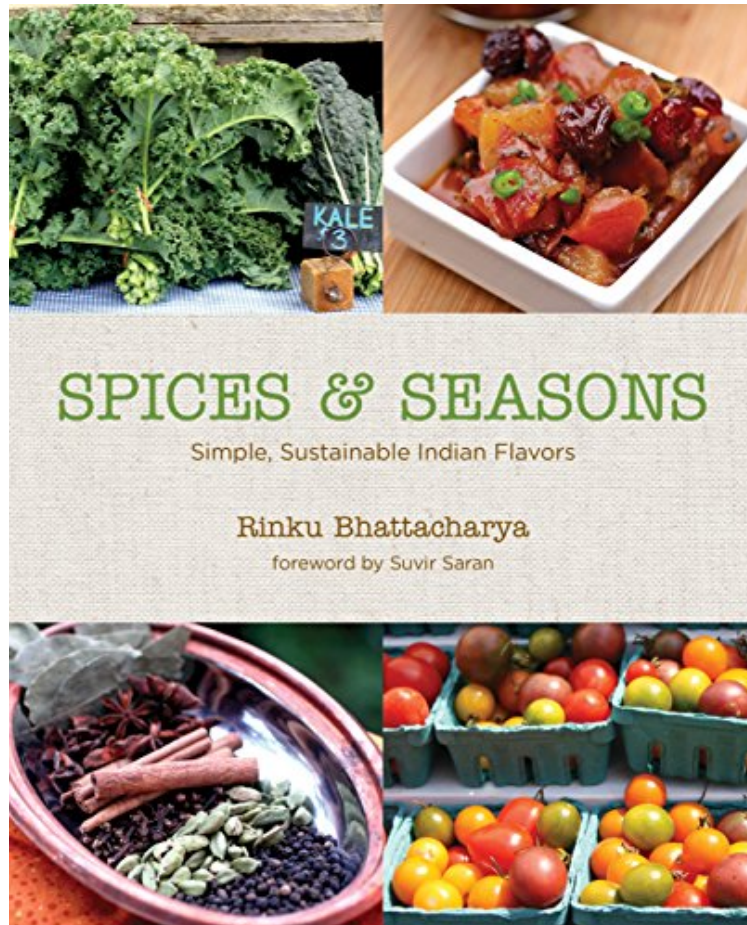


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Spices Seasons: Simple, Sustainable Indian Flavors

Rinku Bhattacharya

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Rinku Bhattacharya : Spices Seasons: Simple, Sustainable Indian Flavors before purchasing it in order to gage whether or not it would be worth my time, and all praised Spices Seasons: Simple, Sustainable Indian Flavors:

0 of 0 people found the following review helpful. This is a great cookbook, suitable for the beginner or more advanced cook. By Susan L. Miller I love this cookbook and here's why: 1. It is beautiful! There are gorgeous pictures of the finished recipes and various spice mixes, the print font isn't fussy, and it is sturdily constructed (NOT a small thing in my kitchen!). But beauty alone does not a great cookbook make 2. It is well organized. I am not fond of cookbooks that read like novels. I like a cookbook with a clear introduction, concise table of contents, detailed index and visible headings. This cookbook has all of these. But this is a cookbook, not a PowerPoint presentation, so organization alone didn't lead me to love ... 3. The recipes are terrific. They are clearly written and, for those I've tried, very accessible, and the resulting meals are tasty. The Herb and Spice Roasted Chicken (p. 245) is simple, requires almost no attention, and lends itself well to ingredient substitutions if necessary, as does the Creamy Mint Chicken Curry (p. 241). Not only is the Whole Spice Roasted Butternut Squash every good, but it is a welcome alternative recipe for the fall

abundance of butternuts. Her Alu Gobi (Cauliflower and Potatoes) is easy and again, amenable to variations, as is the Warm Red Cabbage slaw (p. 69) and the Slow Cooked Chickpeas and Ginger (p. 117).⁴ The most powerful reason for buying this book is: the author has included several sections (e.g., pp 30--31; 9--17; p. 87) that lay down some basic concepts for cooking these dishes. These concepts allow the cook to play with the recipes, to substitute ingredients and to cook more efficiently. The author encouraged me to go to a local store, buy several different whole spices, and grind them myself and enjoy the vibrant scents and flavors. I've owned this book for a while, and have cooked many of its recipes, but feel like I have a great deal more to learn from it. Great cookbook!

4 of 4 people found the following review helpful. Instant Favorite! By erin I have only had this book a few days, but I already love it! The pictures are vibrant and beautiful, and I really like the way it's organized by seasons. The slow cooker recipes are a bonus as well. I made the Chicken in a Creamy Yogurt Sauce (Chicken Korma) recipe the other night. My husband loved it so much, he couldn't wait to eat the leftovers the next day! Will be cooking from this book again and again.

0 of 0 people found the following review helpful. Rinku does a great job with making Indian recipe accessible in this book ... By Chitra Rinku does a great job with making Indian recipe accessible in this book and also incorporating local produce into the mix and her own creative spins. I love her personal anecdotes about her family and their sweet garden. Her tone of voice in the book is very friendly and down-to-earth, which makes it a pleasure to read and make recipes from.

Rinku Bhattacharya combines her two great loves—Indian cooking and sustainable living—to give readers a simple, accessible way to cook seasonally, locally, and flavorfully. Inspired by the bounty of local produce, mostly from her own backyard, Rinku set out to create recipes for busy, time-strapped home cooks who want to blend Indian flavors into nutritious family meals. Arranged in chapters from appetizers through desserts, the cookbook includes everything from small bites, soups, seafood, meat and poultry, and vegetables, to condiments, breads, and sweets. You'll find recipes for tempting fare like "Mango and Goat Cheese Mini Crisps," "Roasted Red Pepper Chutney," "Crisped Okra with Dry Spice Rub," "Smoky Roasted Eggplant and Tomato Puree," and "Red Harvest Masala Cornish Hens," to name a few. As exotic and enticing as these recipes sound, the ingredients are easily found and the instructions are simple. Rinku encourages readers to explore the bounty of their local farms and markets, and embrace the rich flavors of India to cook food that is nutritious, healthy, seasonal and most importantly, delicious.

"... beautifully combines the time-tested traditions of the Indian kitchen with a practical, modern approach..." -- SUVIR SARAN, author of *Masala Farm* and *Indian Home Cooking*

"Spices Seasons awakened my sleepy palate the moment I opened it! What gorgeous, beguiling recipes and such wise words about so much, especially about children and vegetables. I am off to my kitchen, book in tow and with great anticipation of many wonderful meals." -- DEBORAH MADISON, author of *Vegetable Literacy* and *The New Vegetarian Cooking for Everyone*

Rinku stresses local and seasonal... She simplifies an essential spice kit down to just seven ingredients that form the base of many of the recipes in her book: cilantro, coriander, cumin, red cayenne, garlic, ginger, and turmeric.... Throughout the book, her recipes come alive with bright vegetables and intriguing combinations: Creamy Mint Chicken Curry, Shrimp in a Mango Basil Sauce, Super Simple Fish Curry, with but ten minutes of prep time. In all, she offers 150 inspired recipes, each accompanied by superb color photographs and warm paragraph-long introductions.

Foreword

Spices and Seasons - simple, sustainable Indian flavours is a beautifully presented volume with a picture accompanying every recipe. Ok, so that's not an essential for a good cookbook but it does give a bit of support to the novice and some inspiration to the confident. But the most important element of the book is that the recipes are uncomplicated and practical. There are lots of classic Indian dishes here but Rinku interprets even these with flair and personal nuance.

MostlyAsianFood.Com Rinku takes the intimidation factor out of Indian cooking. Her recipes and techniques are practical and simple. Rinku writes beautifully. You'll read about her grandmother's kitchen, how to create an essential spice kit and getting children to make healthy dining choices among other things. For the most part, the recipes make use of ingredients that are easy to find in U.S. grocery stores.

Diabetic Foodie.Com

From the Back Cover

WINNER LIVING NOW 2014 GOLD AWARDS

WINNER INDIEFAB BOOK OF THE YEAR 2015

WINNER READERS FAVORITE SILVER AWARD 2015

WINNER USA BOOK AWARDS 2015

About the Author Rinku Bhattacharya is a native of Kolkata, India, currently living in a house with a vibrant backyard in Hudson Valley, New York with her husband and two young children. Rinku's practical, sustainable approach to Indian cooking, is showcased on her blog, *Cooking in Westchester*, and her *Journal News* column *Spices and Seasons*. Rinku has been teaching recreational cooking classes for the past nine years and also partners with the local, *Down Home Markets* to offer seasonal Indian cooking demos. She is author of *The Bengali Five Spice Chronicles* (Hippocrene Books, 2012). Rinku has also written for the *Poughkeepsie Journal* and several online sites, and appeared on *CT Style* television a few times.