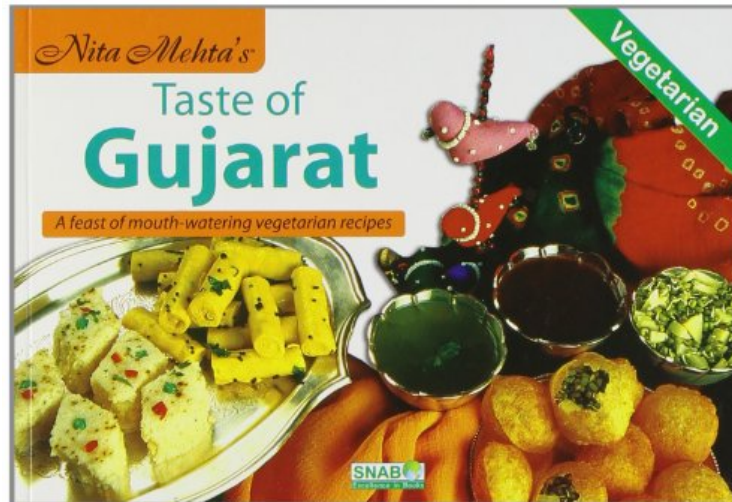


(Download ebook) Taste of Gujarat

Taste of Gujarat

Nita Mehta

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Nita Mehta : Taste of Gujarat before purchasing it in order to gauge whether or not it would be worth my time, and all praised Taste of Gujarat:

For the taste traditional Gujarati cuisine, one has to try the typical Gujarati thali that consists of one variety each of dal and kadhi, two to three vegetables and salad, savories, sweets, puris or phulka rotis, rice, chutneys, pickles and papads. Lunch in a Gujarati home is a feast everyday. Food is mildly flavoured and is pepped up with plenty of hot pickles and chutneys. The savouries or snacks like khaman dhokla or khandavi which are served with the thali are called "Farsan". Sweets are an inevitable part of a Gujarati menu. A Gujaratis lunch is generally served with a glass of Chhaas (butter milk). The Gujaratis generally prefer a light dinner, which consists of theplas and pickles or kadhi and khichdi or handvo or bhakri and one vegetable with gravy.