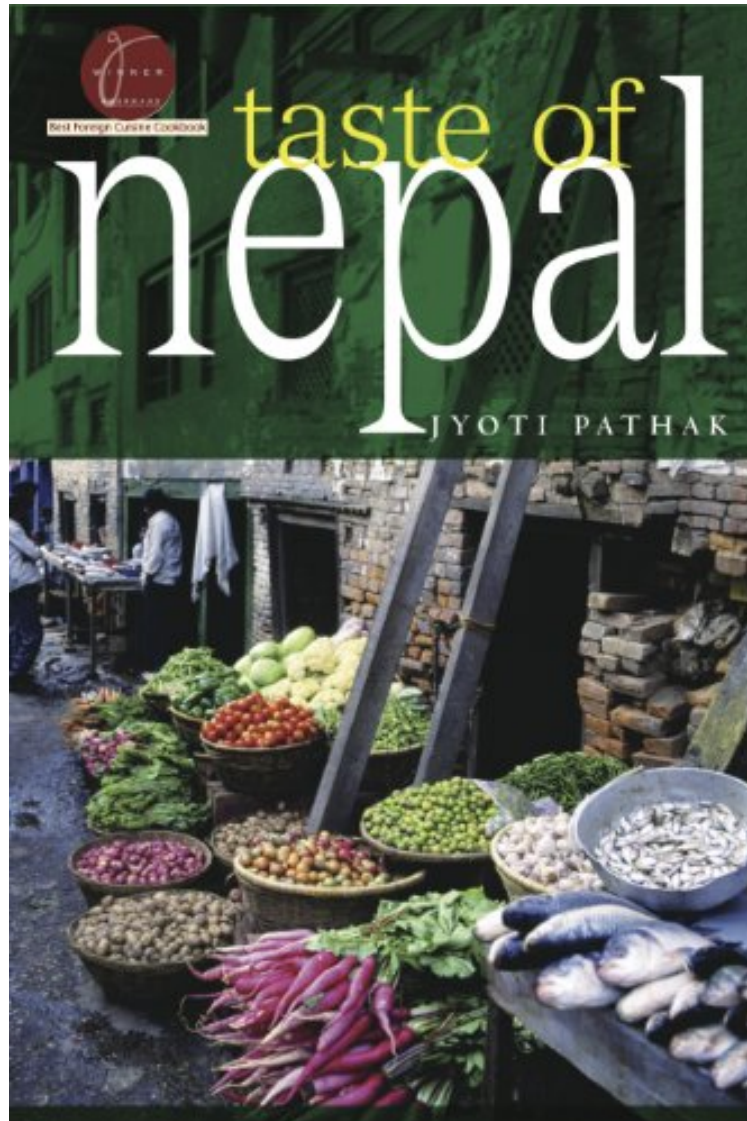


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Jyoti Pathak

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Jyoti Pathak : Taste of Nepal (Hippocrene Cookbook Library (Paperback)) before purchasing it in order to gage whether or not it would be worth my time, and all praised Taste of Nepal (Hippocrene Cookbook Library (Paperback)):

19 of 20 people found the following review helpful. Comprehensive...but untested recipes. By Joe MacBu This is the most comprehensive English-language Nepali cookbook available. It contains almost 500 pages and 300 recipes. If you want to know how to make a particular dish, the recipe will most likely be in this book. I am incredibly happy this

book was published because I no longer have to bother my mom for her recipes. Most recipes also have a brief, but helpful commentary. For those unfamiliar with Nepali cooking, there is also an ingredients/equipment section and a brief glossary. Allowing for variations in cooking styles and tastes between individuals, I do have serious issues with the quantities listed in the recipes. Having made about a dozen dishes from this book, I am convinced that many of the recipes were not tested. I am an experienced cook and grew up on this food, so I was able to make the necessary adjustments. For instance, a dal recipe requires twice as much water as listed; some dishes are woefully undersalted; the maaluwa requires more enrichment from milk and clarified butter, and the sel completely falls apart in the oil if the batter is made to the consistency of "heavy cream" as directed. Someone unfamiliar with the cuisine might require a few tries to get it right, or might end up with the wrong impression of how the dish is supposed to be. Nepali cuisine is almost exclusively home cooking, and even the mistakes in the recipes exemplify this notion. The only measuring devices used are the eyes and the hands, and perhaps that is why some of the quantified amounts seem to be off. Still, I have to take off a star for this, as well for the lack of photos. In the end, I still highly recommend this book, both to Nepalis and others interested in this cuisine. I am confident that you will find pleasure in one of the least known and healthiest cuisines in the world. 1 of 1 people found the following review helpful. Great By Bswhite For people who are curious about Nepalese food and the difference between Indian and Nepalese food, this book is for them. And also for Nepalese who want to refresh their traditional cooking. Love it . Thank you Ms. Pathak :) 1 of 1 people found the following review helpful. easily made By seanne k paussa Authentic tasting, easily made recipes

The landlocked nation of Nepal is tucked into the Himalayan mountains between India and China (Tibet). The Nepalese are proud of their time-worn temples, sublime scenery, hiking trails, and a rich and vibrant culture. Their cuisine is surprisingly diverse for such a small country, with influences from Chinese and Indian culinary methods and tastes. In this cookbook, the popular staple daal-baat-tarkaari (rice served with lentils and vegetables) is showcased in all its healthful variations, as are a variety of potato, meat, and fish dishes. With more than 350 authentic, easy-to-follow recipes, Taste of Nepal is a complete culinary journey with guides to Nepali ingredients and kitchen equipment and planning traditional meals, a Nepali-English glossary of terms, and delightful illustrations by a Nepali artist.

Written by a native Nepali, the cookbook is both erudite and passionate. --Chile Pepper magazine About the Author Jyoti Pandey Pathak was born and raised in Kathmandu, Nepal. She holds a degree in Home Science from the MS university of Baroda, India and taught at the National Vocational Training Center in Sano Thimi, Nepal before emigrating to the United States in 1970. She currently resides in western New York. Visit her blog at tasteofnepal.blogspot.com.