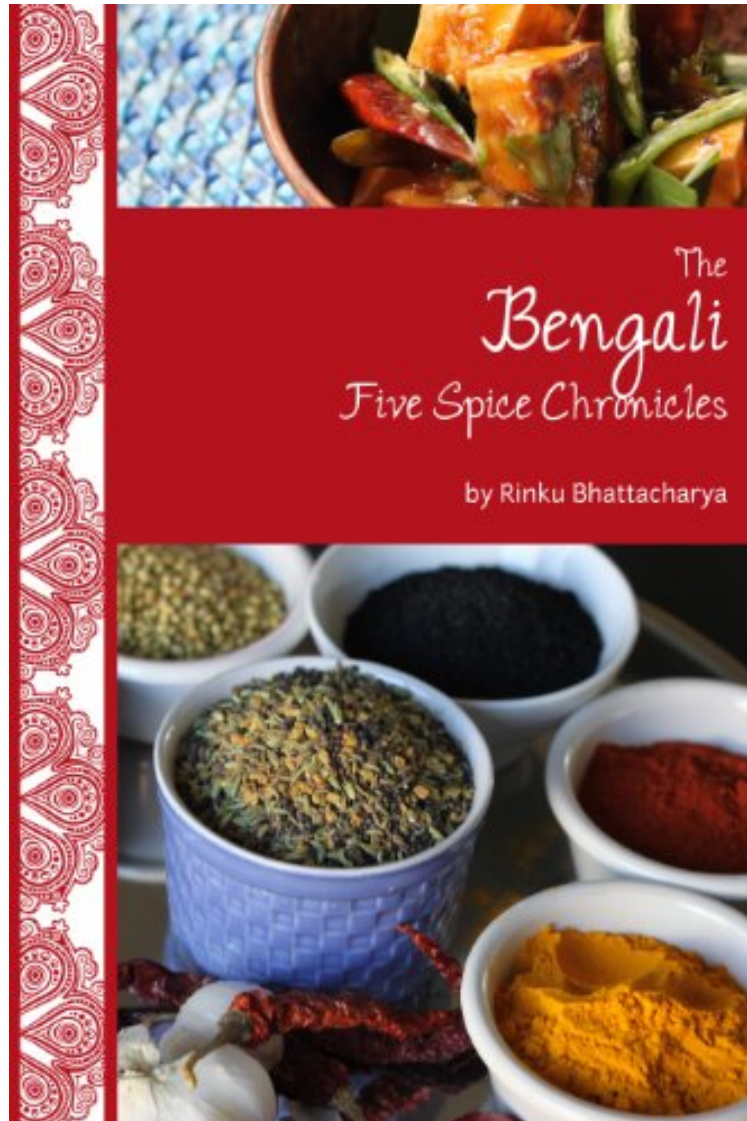


(Free pdf) The Bengali Five Spice Chronicles

## The Bengali Five Spice Chronicles

*Rinku Bhattacharya*

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#202872 in Books Bhattacharya Rinku Brush 2012-11-01 Original language: English PDF # 1 8.90 x 1.00 x 5.90l, 1.30 #File Name: 0781813050288 pages The Bengali Five Spice Chronicles | File size: 63.Mb

**Rinku Bhattacharya : The Bengali Five Spice Chronicles** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Bengali Five Spice Chronicles:

5 of 5 people found the following review helpful. If you're looking for a Bengali cookbook, get this one. Don't even bother with anything else! By Sonia This cookbook is my life savior! I am married to a Bengali, and when his parents moved here to the U.S. from Kolkata back in May to live with us, I was so worry about what food items to serve them since they are very much elderly and ill. It was important for me to provide them with meals they are familiar with, and this book was exactly what I needed. I have made almost everything that is listed in the book, and it has all turned

out fantastic. I am sure if you are into cooking and you have used many cookbooks, you know that not all recipes are great and that if you can find even one or two recipes in a cookbook you are lucky! But with this cookbook, everything is a hit, and my in-laws say "how did you learn to cook like a true Bengali...?" Which I think is the best compliment anyone can get. I have used a few other Bengali or Indian cookbooks but they've always had either the wrong measurements/portions or they've listed ingredients that I did not have access to, but with the recipes from this book, I can always find the ingredients at the local grocery store or at the Indian market. The recipes are very easy to follow, and I think it's a good book for both beginners to Indian cooking and also experienced cooks. If you are looking for a Bengali cookbook, don't even bother getting anything else, this book will pretty much have everything you need, and the recipes actually work!

3 of 3 people found the following review helpful. Indian Cooking By mindy pasco-anderson A personal view with delicious recipes! Reading the book made my mouth water - which recipe shall I try first?

3 of 3 people found the following review helpful. A personal exploration of Bengali cuisine ... By L. Mountford So much interesting material here! I collect cookbooks, have a few other Indian recipe collections in my library, but this one is different. The author tells her story, and relates each recipe to something in her life: family, friends, her travels. These snippets are interesting -- kind of like having a good friend explain her connection to the food she's preparing. At the center is the blend of five spices: fennel seeds, cumin seeds, nigella seeds, black mustard seeds, and fenugreek seeds. I wasn't familiar with a couple of them, but found them available to order right here on , so no worries. I had a blast trying some of these recipes, and found them easy to understand, and the results were consistently good. I tried My Grandmother's Festive Rice with Vegetables first, as I already had everything on hand without having to make a special trip to the supermarket. This combination of basmati rice, spices (including cardamom, cloves, cinnamon, turmeric, bay leaves, and star anise), diced fresh veggies (I used carrots, broccoli, parsnips, and corn cut fresh off the cob), tossed with a handful of cashews and raisins -- YUM! Definitely a winner, and could be modified according to what fresh veggies are available. The Fried Tilapia with Ginger and Green Chili Seasoning was wonderful -- I had some tilapia in the freezer, and the marinade of cumin, coriander, green chiles, cilantro, onion, ginger, and lime juice paired beautifully with this mild fish. A light batter dip, and into the fry pan with a little oil. I followed the author's recommendation, and served this with Fiery Mustard and Lemon Relish (which goes together very quickly). I like things spicy, so I was a happy camper. I live in the Pacific NW, so the Salmon with Mustard Lemon Chive Butter was a natural choice to try. In this one, the mustard butter mixture goes on the fish in a sealed foil packet, and baked -- super easy to prepare, easy clean up. I served this one with Yellow Rice (flavored with turmeric). I also made Creamy Shrimp Curry, Rich Yogurt and Tomato Chicken, and Pork in Spicy Vinegar-Based Sauce (a wonderful pork vindaloo), all with excellent results. If you need pictures to make sense of a recipe, you may be a bit disappointed -- there aren't many pictures in this one. And you'll need a sturdy cookbook holder to keep the book open. I'm planning to have mine converted to a spiral-bound at the local copy shop to make it easier to lay flat on my counter. This one is staying in my kitchen for awhile -- there are so many other recipes I want to try before it assumes its place in my cookbook collection (I have my cookbooks in bookshelves spread out over 3 rooms ... ). This author has a gift for explaining recipes in a way that makes you want to try them, so they don't seem so intimidating. I was happy to have been offered the opportunity to preview and review this book.

Bengalis have been compared to the French in terms of food-obsessed peoples, as dining and entertaining are such an integral part of the culture. The book begins with a thorough introduction to Bengali culture and cooking, including sections on spices, ingredients, and equipment. Following are recipe chapters (incorporating a balance of traditional and contemporary recipes) on Rice Breads, Lentils, Fried Vegetables and Fritters, Vegetarian First Courses, Vegetarian Entrees, Eggs, Fish, Chicken Poultry, Meat Dishes, Chutneys Relishes, Drinks Snacks, and Desserts. Includes 180 easy-to-follow recipes, plus sections on spice pastes, spice blends, and essential tools, and sidebars with family anecdotes and historical and cultural information.

What a seductive book this is, a tantalizing world of flavors waiting to be cooked, tasted, experienced. The recipes alone assure that this will be a well-used and no doubt well-loved book in my kitchen, but the scope of the book is much larger, including a personal and well-told story of Bengali cuisine. I love this book! --DEBORAH MADISON, author of Vegetable Literacy

The Bengali Five Spice Chronicles got me right from the title itself! The easy style, the well-written recipes, the personal memoirs were all interesting to read. --SMITA CHANDRA, author of Cuisines of India

There are 180 recipes in The Bengali Five Spice Chronicles. In each recipe, Rinku Bhattacharya tells you the story behind each one, giving a family history, a personal story, the origins of each unique recipe...all of which will compel you to try each of them. Rinku has written a wonderful and thoughtful cookbook; it is a journey through Bengali cuisine. --From the Toque and Apron Website

Peppered with wonderful family stories. history and Bengali culture, this book is entertaining, educational and delicious. There are 180 easy to follow recipes - both traditional and contemporary - and a thorough guide to spice blends and pastes. --Spabettie.com

The dishes are rich, complex, and take you on a journey far, far, away. (Unless you live in India, West Bengal, or Bangladesh.) Every recipe I have tried has been absolutely delicious, and the author tells wonderful stories about the origin of each dish, her family traditions

and memories, and ingredient tidbits. I learned so much reading this book; it's a keeper! --Stephanie Weaver at Recipe Renovator.com Rinku Bhattacharya has written what could be called the definitive book on Bengali Cooking for the American audience. And, even for those like me who are making a life outside of India and crave the comforting flavors of home. --Suvir Saran, Author of Indian Home Cooking and Masala Farm "Contemporary yet traditional, refined yet candid, exuberant yet sublime, The Bengali Five Spice Chronicles is a warm and inviting book of family recipes that convey Rinku Bhattacharya's passion for the flavors and tastes of West Bengal." --AMMINI RAMACHANDRAN, author of Grains, Greens, and Grated Coconuts "I am enchanted by the authentic Bengali recipes, sure-fire techniques, and family anecdotes. This is a winning cookbook." --BHARTI KIRCHNER, author of The Healthy Cuisine of India and Tulip Season". . . offers a panoramic view of one of India's most delicious and least-known regional cuisines . . . sure to become indispensable to those of us in the vast Bengali diaspora who miss the flavors and aromas of home." --INDRANI SEN, freelance writer and adjunct professor at the City University of New York

About the Author Rinku Bhattacharya was born in Kolkata, India and currently resides in Westchester, NY. She teaches cooking classes, maintains a popular food blog, Cooking in Westchester, and writes a weekly column "Spices and Season" for The Journal News website. Her upcoming cookbook SPICES SEASONS: SIMPLE, SUSTAINABLE INDIAN FLAVORS will be published by Hippocrene Books in Spring 2014.