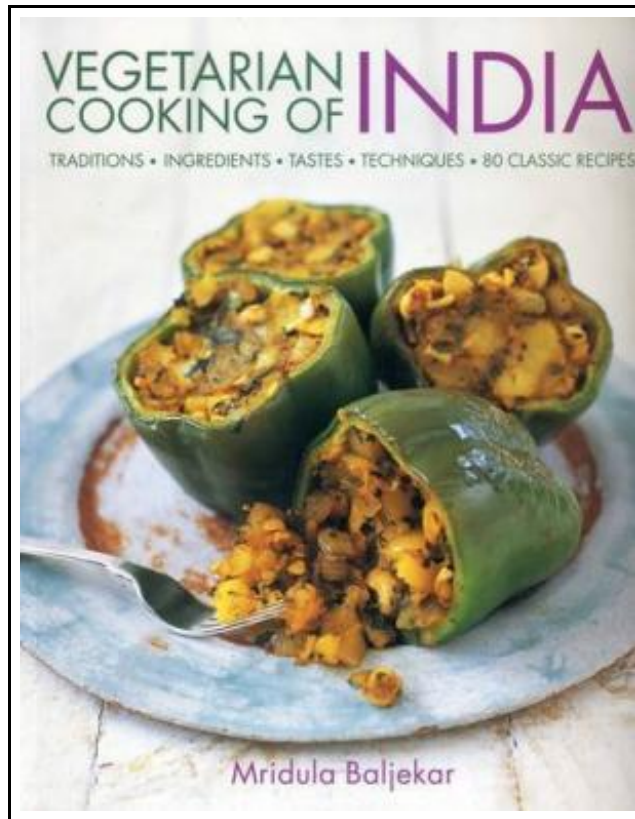


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Anness Publishing. Mixed media product. Book Condition: new. BRAND NEW, Vegetarian Cooking of India: Traditions - Ingredients - Tastes - Techniques - 80 Classic Recipes, Mridula Baljekar, This book deals with traditions, ingredients, tastes, techniques, and 80 classic recipes. You can discover the unique tastes and techniques of vegetarian Indian cuisine, with 80 authentic recipes. You can begin your journey in the rugged, mountainous north, where Kashmiri lakes teem with lush floating fruit and vegetable markets during the summer months. You can continue into the eastern region, spanning from the Ganges to the Himalayas, and sample Bengal's delicately spiced Vegetable Pilau or Cardamom Tea. It takes you on a journey west to enjoy Black-eyed Beans in Coconut and Tamarind Sauce and end your travels in the fragrant south with Mangoes in Cardamom-scented Coconut Cream. This cookbook transports you through India's regional diversity, featuring classic recipes ranging from pilaus and dhals to chutneys and flat breads, and providing wonderful highlights of a world-famous cuisine. There is a choice of simple appetizers, tasty snacks, spice-infused main courses and heavenly desserts. Choose a Punjabi Royal Corn Curry or Duck Eggs with Cauliflower from the north-east, sample Golden Mung Bean Patties from the heartland or venture west to enjoy Crispy Vegetable Triangles (the original samosas). Beautifully illustrated with over 430 photographs, the book will entice everyone to master the art of authentic vegetarian Indian cuisine.

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