

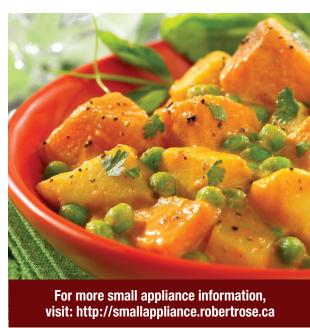
This enticing collection of recipes has more than enough variety to suit every palate. The heat rating accompanying every recipe alerts you to whether the dish will be mild, medium or hot, and tips for adjusting the temperature are often included.



**Sunil Vijayakar** is a cookbook author and food stylist based in London, UK. He specializes in food preparation for editorial, packaging and recipe development. He has written several cookbooks.

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