



CHANDRA RAM is a first-generation American who learned to love cooking from her Irish mother and Indian father. She has a degree in culinary arts from the Culinary Institute of America and spent fifteen years working in restaurants and as a consulting chef before turning to food writing. She is the editor of the award-winning food magazine *Plate* and co-author of *The Eiffel Tower Restaurant Cookbook* and *Korean BBQ: Master Your Grill in Seven Sauces*. She has been a featured food expert on the Cooking Channel, and in *CS* magazine and the *Chicago Tribune*. Chandra lives in Chicago.

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Robert ROSE

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"I have over the years often been asked how to cook Indian food, and have never had an accessible answer to that question. Now, thanks to Chandra Ram's gorgeous and extremely well-written book, I have an answer . . . which is to get this book! Chandra shows you how to use the Instant Pot® to create delicious food, and not only demystifies Indian cuisine but makes it an everyday cookable staple. She adds her own twist to recipes from drinks to desserts and provides an opportunity to explore all of your Indian cooking desires."

— **MANEET CHAUHAN**, chef/owner of *Chauhan Ale & Masala House*; *Food Network* personality

"Indian food has long been one of my greatest pleasures, but in my mind, it was relegated to restaurants, or to the homes of friends who had the guidance and experience to make this glorious food. Chandra's book is a revelation — a generous and empowering welcome to the fundamentals of this rich and varied cuisine. Through simple, thoughtful instructions, she guides both novices and experienced cooks to a solid understanding of how to develop these flavors and deploy them in foolproof dishes in their very own kitchen."

— **KAT KINSMAN**, senior food & drinks editor at *Extra Crispy* and editor of *Food & Wine's Communal Table* series

"This is Instant Pot® cooking taken to the next level! Take a trip back in time through Chandra's childhood memories of visiting family in India, while discovering all the vibrant and mouth-watering recipes this cookbook has to offer. A modern and accessible approach to executing the perfect soul-satisfying meal, packed with bold flavors and no fuss."

— **BILL KIM**, chef/owner of *BellyQ* and *Urban Belly* and author of *Korean BBQ: Master Your Grill in Seven Sauces*



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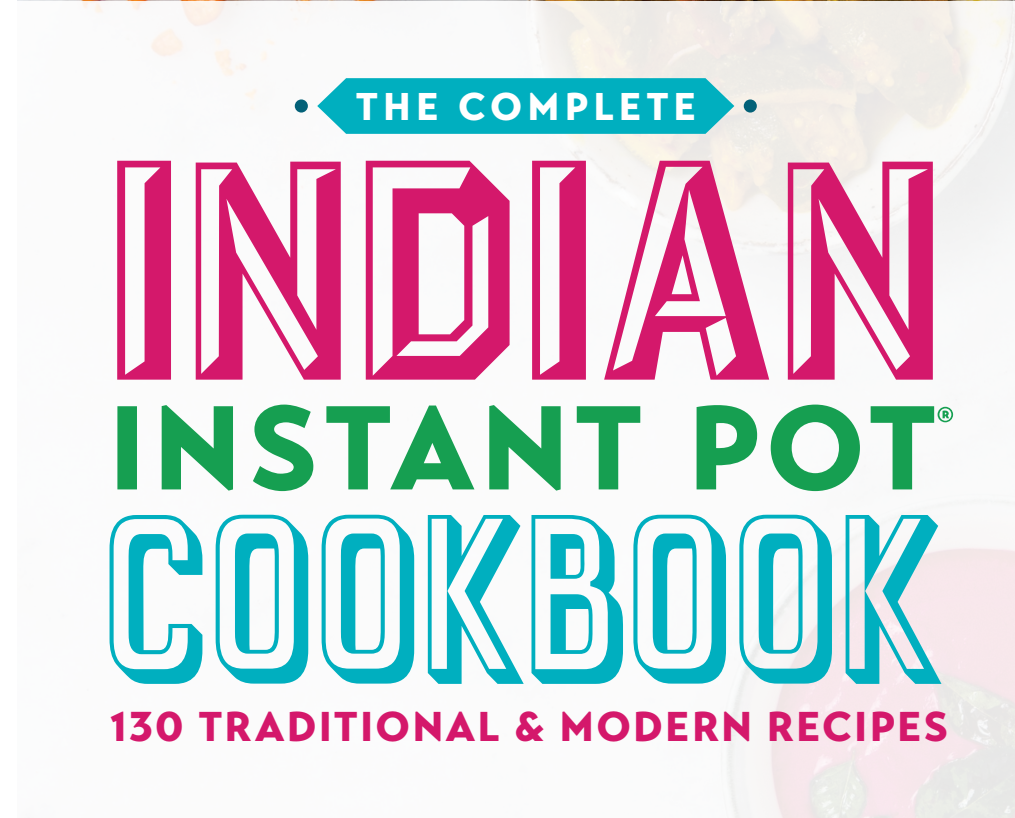
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THE COMPLETE

INDIAN INSTANT POT® COOKBOOK

CHANDRA RAM

Robert ROSE



CHANDRA RAM
AUTHORIZED BY INSTANT POT®

TRADITIONAL & MODERN **INDIAN**
RECIPES
FOR THE HOME COOK

OFFICIALLY AUTHORIZED BY INSTANT POT®!

The Instant Pot® is a game-changer for Indian cooking because it replaces a pressure cooker, slow cooker, yogurt maker, rice cooker, bread proofer and steamer all in one. Gone are the days when preparing Indian food just seemed too intimidating or for weekends only. Dried lentils and chickpeas cook in a flash, even when they haven't been soaked overnight. Rice is perfectly done in ten minutes and homemade yogurt can be made to a particular tanginess and texture. Even braised meats that usually take a full day can be ready in less than an hour.

In *The Complete Indian Instant Pot® Cookbook*, award-winning editor and author Chandra Ram shares 130 recipes from all over India, specifically designed for the Instant Pot®, that meld Indian ingredients and American sensibilities for novices and experts alike. Recipes range from traditional to modern and go beyond the greatest hits that you see in Indian restaurants. You'll find tons of familiar favorites, including Butter Chicken and Chana Masala; less well-known regional dishes like dosas, biryanis and dals or lentil stews; and contemporary twists on Indian flavors such as Orange Cumin Salmon and Chocolate Chai Pudding.

Chandra takes you through cooking all the parts of an Indian meal: ghee, yogurt and cheese; pickles and chutneys; snacks and chaats; soups; vegetables; porridge and rice; biryanis; lentils, chickpeas and pulses; meat and seafood; breads, pancakes and crepes; and desserts. She also offers meal plans, easy substitutions and tips for building an Indian pantry. Cooking Indian food has never been as approachable, fast and easy!