



complete book of
Indian cooking
 350 recipes from the regions of India

Regional foods tend to be distinctive, influenced by local ingredients, and Indian cuisine is certainly no exception. The sheer size and geography of the country, coupled with the impact of history and religion, also accentuate this distinctiveness. This fascinating cookbook illustrates the differences and similarities between Indian regional foods through recipes that are exhilarating and exotic yet easy to make. The recipes in each chapter are categorized by region (North, East, South and West) so that you can truly learn and appreciate their uniqueness.

Create these tantalizing recipes from India's distinctive regions:

NORTH

Mustard-Flavored Chicken Tikka, Whole Wheat Griddle Bread, Cayenne-Spiked Apricot and Nuts Pulao, Kashmiri Leg of Lamb, Curried Spinach and Cheese

EAST

Bengali Puffed Rice, Assamese Khichri, Lamb with Brown Chickpeas, Orissa Mustard Fish, Shrimp in Coconut Milk, Indian Ratatouille with Five Spices

SOUTH

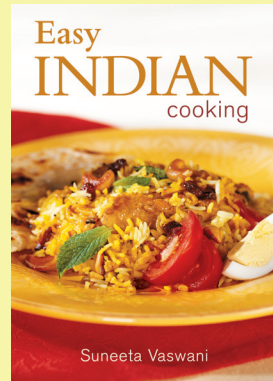
Gayatri's Green Mango Dal, Tamarind Rice, Kerala Chicken Curry, Coorgi Pepper Pork, Eggplant in Cilantro Masala, South Indian Banana Fritters

WEST

Bhel Puri Chaat, Maharashtrian Masala Eggs, Lacy Beef Skewers, Fish Biryani, Tandoori Shrimp, Mango Citrus Chutney, Coconut Pastries, Spiced Tea (*Masala Chai*)



By the same author



- Recipes designated by region within chapters
- Special chaat primer about India's famous street food
- Ingredient glossary and source information
- Spicier recipes highlighted with the word HOT

SUNEETA VASWANI was born in Mumbai, India, and lives in Houston, Texas. She has been teaching Indian cooking in the U.S. and internationally for 30 years, and has been featured in national magazines.

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