



Classic Indian Vegetarian and Grain Cooking

Julie Sahni

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Julie Sahni's remarkable ability to make authentic Indian cooking accessible to American cooks continues to make her first book, *Classic Indian Cooking*, the definitive work of its kind.

This is her long-awaited second book. To prepare it, Julie Sahni traveled extensively throughout the regions of her native India, to assemble a splendid second volume of Indian culinary delights. Whereas her first book explored the riches of Moghul cuisine, this totally new collection systematically reveals the never-before-described treasures of India's vegetarian and grain cooking.

The book begins with a simple explanation of the ingredients and techniques characteristic of this cuisine. For the first time anywhere, Julie describes every classical blend of curry in the Indian tradition, with accompanying recipes on how to use them. From this book alone you will become master both of India's wonderful curries and of the many new varieties you will now know how to create for yourself.

In addition to a thorough going mastery of cooking with curry, this book provides a complete experience of India's incredibly varied vegetarian and grain dishes. Try the heavenly spread of yogurt cheese flavored, with fresh herbs, a favorite of the Gujarati Jains. Be adventurous: make Steamed Rice and Bean Dumplings in Spicy Lentil and Radish Sauce, traditionally served as tiffin one of the great classics of Indian vegetarian cooking. Vegetarians, the super health-conscious, and meat eaters who want to vary their menu with exciting new dishes, all will want to sample the vegetarian masterpieces virtual one-dish feasts-that are the very heart of this book: Malabar Coconut and Yogurt-Braised Vegetables; Hearty Blue Mountain Cabbage and Tomato Stew; Baked Zucchini Stuffed with Vegetarian Keema and Bulgur; Madras Fiery Eggplant, Lentil, and Chili Stew; and so many many others. To accompany these dishes, Julie provides an abundance of chutneys, pickles, breads, rice dishes, dals, vegetable side dishes, yogurt salads, and volcanically hot condiments.

Any time of the day you can snack or nibble on tasty foods that will contribute to your health but not your waistline: refreshing chats (salads without oil), a succulent array of fritters, kaftas, and kababs all ingeniously created from fresh vegetables, and a wide selection of crunchy savorys from plantain chips to the irresistible giant papad (lentil wafer).

Your sweet tooth is not neglected by India's vegetarian and grain cooking. Lotus Seed Pudding, kulfi (India's delicious ice cream), coconut dumplings, and Quick Glazed Carrot Halwa are only the beginning of the unbelievable assortment of desserts and sweets Julie Sahni's *Classic Indian Vegetarian and Grain Cooking* makes available to you. Plus divine recipes for lassi (yogurt drink), refreshing teas, and classic South Indian coffee. This invaluable and instructive book places India's ancient tradition of delicious vegetarian and grain dishes directly into your hands.

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