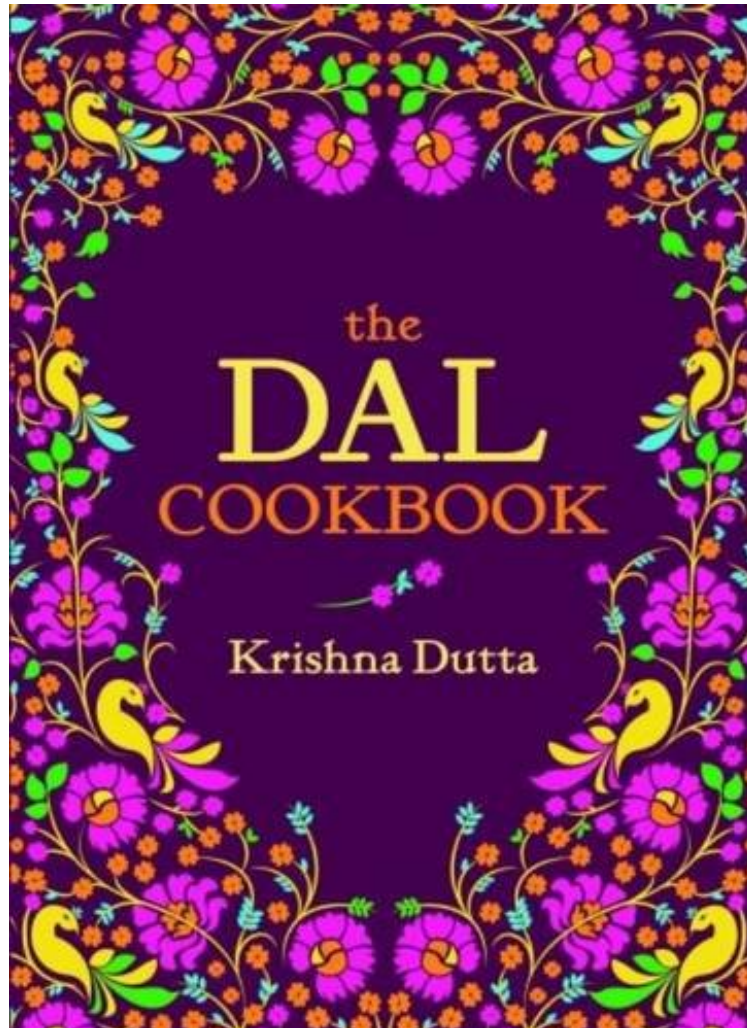


The Dal Cookbook

Krishna Dutta

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Krishna Dutta : The Dal Cookbook before purchasing it in order to gage whether or not it would be worth my time, and all praised The Dal Cookbook:

0 of 0 people found the following review helpful. Disappointment, not at all what I expectedBy Jonathan GalowniaI usually don't write reviews, but felt compelled to write more for this book because it was not at all what I expected. I purchased this book because I love dal. With all the rave reviews and the award this cookbook won, I thought there would be some outstanding recipes.So far, there has not been a single recipe I would make again. None of them have been bad, but none of them have been interesting enough for anyone in my family would ask for again. The recipes lack complexity/layers of flavor, which is surprising because I have other recipes that are just as easy to make that have a richness and complexity of flavor these dal lackMy other complaint is that when blends (such as garam masala)

are called for, the author does not include a recipe for the blend. As each home generally has their own version of garam masala (and the ratios often have regional differences) it would have been so much more interesting (and informative) if the author had touched on this fact and included commentary about these regional variations along with her favorite blend for each recipe (like other cookbook author's I love have done). 0 of 1 people found the following review helpful. Good food By Dora Got this book as a gift for a friend who said to love it , great recipes and good pictures

2015 Gourmand Awards WINNER BEST INDIAN CUISINE Dal is to India what pasta is to Italy. Cheap to produce, highly nutritional, suitable for long storage and capable of being cooked in a basic pot on an open fire, dal has been providing nourishment to millions of Indians for millennia. It truly is a pan-Indian dish consumed by rich and poor alike. It is high protein and has practically no sugar; in fact it is known as "poor man's meat" in India; hence doctors now include this as an essential item in a diet for diabetics. Dal is a genuinely impressive dish of infinite variety; there are at least 50 recipes for this humble food. There are multiple ways of cooking it, wide-ranging seasonings are used and there are diverse supplements to serve with it. Over the centuries Indian cooks became innovative and with locally available ingredients they dished out dal to satisfy a regional palate. In the process they also invented new dishes using dal lentils such as kedgeree (khichari; a risotto made with lentil), dosas (pancakes mixed with lentil flour), vadas (lentil cakes), dhokla (baked lentil cakes), papadam (dried lentil snack) and pakoras (fritters dipped in lentil batter).