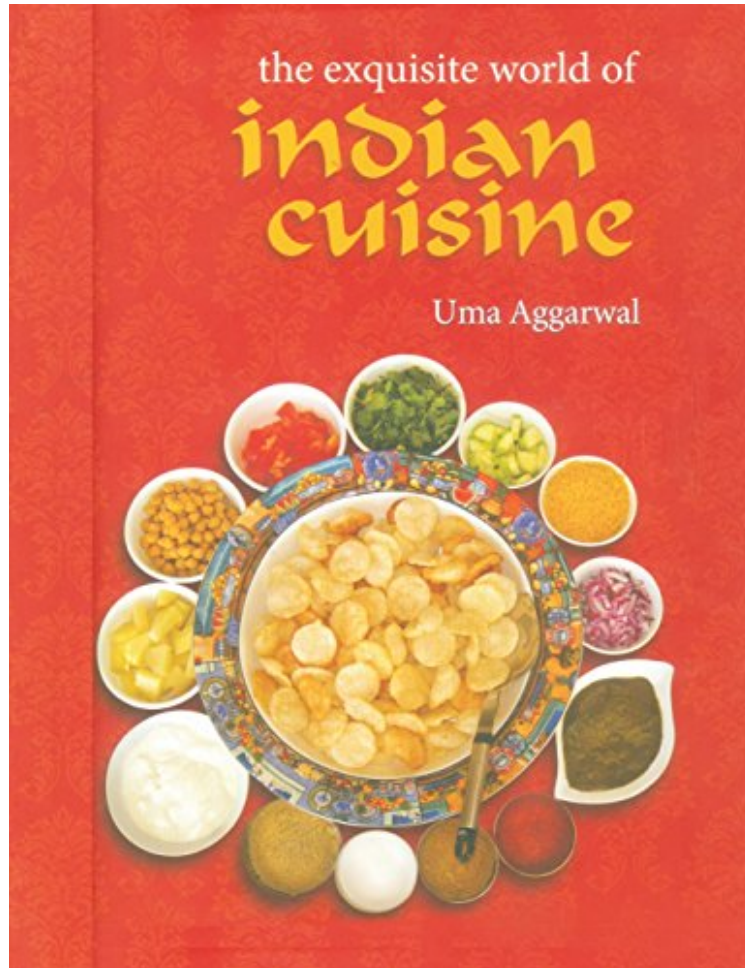


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the exquisite world of Indian Cuisine

Uma Aggarwal

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Uma Aggarwal : the exquisite world of Indian Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised the exquisite world of Indian Cuisine:

1 of 1 people found the following review helpful. A wonderful collection of recipes accompanied by beautiful photographs of each ...By Evelyn Margaret RiveraA wonderful collection of recipes accompanied by beautiful photographs of each dish. The instructions are clearly written and therefore easy to follow. The notes that accompany many of the recipes are a useful feature as they provide alternative ingredients and suggest different modes of cooking and serving. Bits of Indian history also provide an understanding of the foundations of Indian cuisine. The recipes are listed under different categories, such as appetizers and snacks, chicken, seafood exotic vegetables and many others. Photographs and descriptions of spices, fresh herbs, and kitchen utensils are most helpful. I also loved the photographs of India. This book is a must for all who are interested in Indian cuisine.0 of 0 people found the following review helpful. Work of ART!By Beau BurkholderThis is the highest quality and most in depth cookbook I have ever opened.

The vivid images and breadth of skill shared here is surely a life's work of art. I love Indian cuisine and spices but have never seen the culture of Indian cuisine in such a one stop scenario. This book is a must have for anyone who looks to the finer things in life and needs some more detailed guidance on perfecting some of the most famous dishes in the world. If I did not cook, after exploring these pages, I would likely have this book on display in my home just for aesthetics alone. This book absolutely covers everything Indian cuisine related from drinks to deserts as well (in its associated location within the region). I look forward the breads section especially and cant wait to try so many of the wonderful works within! 1 of 1 people found the following review helpful. A great mix of the history, traditions and recipes of Indian cuisine | Extremely well-organized recipes By Matthew L Kalina Wow, Uma Aggarwal's book is a great mix of the history, traditions and recipes of Indian cuisine. The full-color photography is fantastic. I shopped for spices and ingredients at several shops in Phoenix the day I met the author and bought her book. My wife and I made including curry, cumin rice and salad, from the recipes, which are organized and arranged in the most clear way I have seen in a cook book of this type.

Indian cuisine is famous around the world and enjoys the enviable reputation of being unique. Indeed, it reflects the variety and diversity of India that derives from a vibrant history dating back to more than six thousand years. Jawahar Lal Nehru, the first Prime Minister of India commented thus : Ancient India ... was a world in itself. A culture and a civilization which gave shape to all things. Foreign influences poured in and often influenced that culture and were absorbed. Disruptive tendencies gave rise immediately to an attempt to find a synthesis. Some kind of a dream of unity has occupied the mind of India since the dawn of civilization. That unity was not conceived as something imposed from outside, a standardization of externals or even of beliefs. It was something deeper and, within its fold the widest tolerance of belief and custom was practised and every variety acknowledged and even encouraged. [Italics inserted]. Through history, this vast and ancient country has seen the rise and fall of many empires and dynasties, both indigenous and foreign. The Greeks under Alexander the Great, the mighty Gengis Khan, Taimur the Lame, the Persians, Turks, Mongols, Arabs, the peoples of the Mediterranean, and later, Europeans, notably the British, the French, the Dutch and the Portuguese, were drawn to this land for power and pelf. However, the indigenous culture of India assimilated the foreign influences and out of this interface emerged a rich heritage distinctively Indian. Indian cuisine is a part of this heritage and this book explores its many facets. For thousands of years, Indian have used spices to decorate and enhance the aroma of their cuisine. Foreign conquerors came to India in search of these exotic spices for trade. The ethos of Indian cuisine, however, originates from the basic philosophy and thought enshrined in the ancient Vedas (nearly two thousand years B.C.) which clearly emphasizes the importance of indigenously found herbs and spices in one s daily food. The accent was not just on tastes and flavors but on health. Indian cuisine fascinates the gourmet with its great variety of tastes, colors and aroma derived almost entirely through the use of a large variety of exotic spices and herbs. The author covers this aspect of Indian cuisine in great detail, often with annotations, helpful notes and glossaries providing English/American equivalents of Indian words for ingredients used in her recipes. The regional variations are innumerable and in no small way contribute to the variety that forms the exquisiteness of Indian cuisine. The author travels through the length and breadth of the country which stretches from the tropics to the temperate regions, from near the equator to the high and cold Himalayan regions. She traverses the country s twenty-eight states and seven Union Territories each with its own official language and culture. She collects recipes for every occasion from an easy and simple quick preparation to a classic weekend dinner that one might ask for at an upmarket restaurant, from dishes prescribed for religious rituals and festivals to celebrations of weddings or other gala events. She offers step-by-step preparation methods and photographs of recipes which can be of great help to the reader.

About the Author Uma Aggarwal is a retired chemist from the Department of Public Health, State of Michigan and subsequently worked and retired as a chemist from the Quality control section of the pharmaceutical firm Bioport in U.S.A. She has been living there for more than 40 years. Indian cuisine has always fascinated her from the very childhood. Its aroma, its history its Vedic origin and the use of spices always had more meaning to her than just delicious food. Her belief in India s great history and its culture remained and sustained her during her stay in America. She always believed that India s glorious past and its spiritual achievements have lot to give to the world. Presently she is settled in Las Vegas. She was on the teaching faculty of the Cooking School of Southern Nevada. She taught Indian cooking at the Community College of Southern Nevada for 2 years. The tremendous interest of these students and their love of the delicious taste of this cooking prompted her to write this book. She has almost completed writing 2 more books on Indian cooking and they are due for publication soon. Besides cooking, Uma has great interest in Indian History, music, fine art and international cuisines. As a research scientist she has published scientific papers in refereed journals and has a abook dedicated to the techniques of electron microscopy.