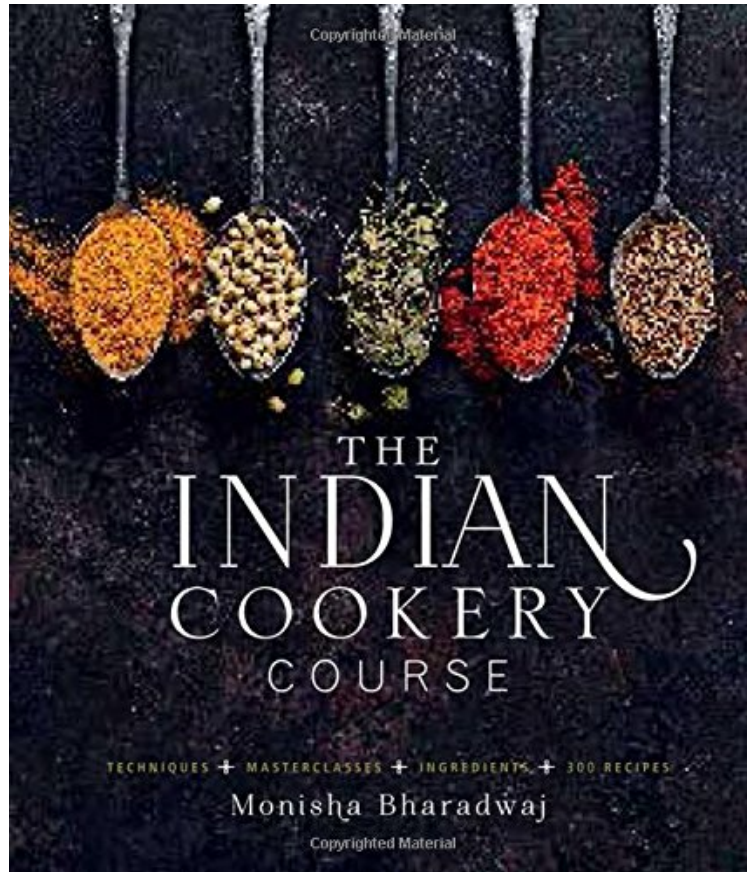


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The Indian Cookery Course

Monisha Bharadwaj

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#1194273 in Books Kyle Books 2016-10-06 Original language: English 10.12 x 1.46 x 8.54l, 3.43 #File Name: 0857833286496 pages Kyle Books | File size: 19.Mb

Monisha Bharadwaj : The Indian Cookery Course before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Indian Cookery Course:

This comprehensive guide to Indian cooking explores the myriad regional varieties of authentic, healthy and lesser known Indian recipes. With chapters broken down into: Rice, Breads, Meat, Fish Seafood, Poultry, Eggs, Dairy, Lentils Beans, Vegetables, Snack Sides, Grills, Salads Raitas, Chutneys Relishes, Desserts and Drinks, Monisha covers a varied range of dishes as well as providing insights into ingredients, techniques and step-by-step masterclasses to help you recreate classic and popular recipes. Monisha offers a vivid overview of India's colourful traditions and geographical differences, from the earthy lentil dishes of the North to the coconut-based curries which are a staple in the South. Including advice on the building blocks of Indian cuisine, such as how to make a basic curry and how to cook the perfect rice, plus tips on the different varieties of rice and how to shop for the best type for each dish. Monisha teaches you how to make traditional Indian food at home, based on the principles of good health and touching on the values of Ayurveda. The Indian Cookery Course is the ultimate guide to everything you ever wanted

to know about Indian food.