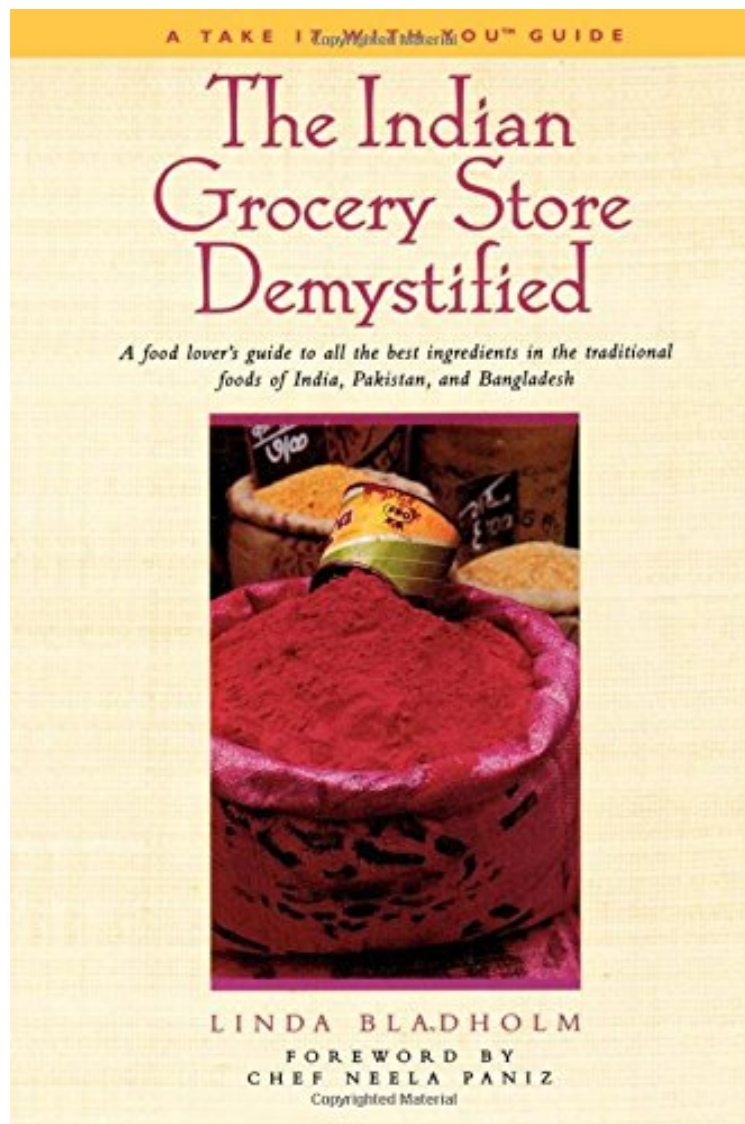


[DOWNLOAD] The Indian Grocery Store Demystified: A Food Lover's Guide to All the Best Ingredients in the Traditional Foods of India, Pakistan and Bangladesh (Take It with You Guides)

The Indian Grocery Store Demystified: A Food Lover's Guide to All the Best Ingredients in the Traditional Foods of India, Pakistan and Bangladesh (Take It with You Guides)

Linda Bladholm

ebooks | Download PDF | *ePub | DOC | audiobook



[Download](#)

[Read Online](#)

#685800 in Books Renaissance Books 2000-08-12 2000-08-12 Original language: English PDF # 1 228.60 x 15.70 x 6.00l, .61 #File Name: 1580631436265 pages | File size: 56.Mb

Linda Bladholm : The Indian Grocery Store Demystified: A Food Lover's Guide to All the Best Ingredients in the Traditional Foods of India, Pakistan and Bangladesh (Take It with You Guides) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Indian Grocery Store Demystified: A Food

Lover's Guide to All the Best Ingredients in the Traditional Foods of India, Pakistan and Bangladesh (Take It with You Guides):

0 of 0 people found the following review helpful. In-depth info about the many Indian herbs and spices and ...By PamIn-depth info about the many Indian herbs and spices and how to cook with them. That's a key part of Indian cooking. Very complete and interesting to read.0 of 0 people found the following review helpful. Four StarsBy Margaret ZoldA lot of great info, but the print is very small.0 of 0 people found the following review helpful. and in pretty good detailBy GPExpains so much, and in pretty good detail. Handy book.

A food lover's guide to all the best ingredients in the traditional foods of India, Pakistan, and Bangladesh. Once upon a time we only had a few choices when it came to fine dining. There was American home-cooked, pretentious French cuisine, practical Italian, and Chinese takeout. These days, Indian restaurants are popping up everywhere, and for good reason. The food is amazing! But how can you replicate the Indian dining experience at home? There are thousands of Indian grocery stores to shop in, but what should you buy? How do you prepare it? That's where this Take It With You guide comes in. With 700 entries and over 200 illustrations, plus traditional stories and personal anecdotes about many of the ingredients unique to Indian cuisine, this guidebook identifies and tells you how to use the vast array of spices, rice, legumes, fruits, vegetables, and prepared foods at over 9,000 Indian grocery stores in America. A bonus section of the author's favorite recipes will help you create delicious, authentic dishes that will satisfy anyone's hunger and sense of adventure.

.com So you want to make a curry. There's a small Indian grocery store on the way home from work, so you figure you'll pop in and grab a few items--but when you get there you're overwhelmed by the pouches of aromatic spices and the jars of pickles and chutneys. Where to begin? With *The Indian Grocery Store Demystified*, of course. Author Linda Bladholm walks you through a typical Indian grocery store, aisle by aisle, shelf by shelf. Start with the rice aisle and learn the differences between basmati, gobindavog, red patni, and several others. Learn which rice goes best with what type of recipe, how to prepare it, and what it should taste like. Then head down the flour aisle (here's where you learn how to bake several variations of naan and the popular pappadum), to the spices and seasonings. "Without spices," says Bladholm, "one cannot even imagine Indian food." Be sure to stock up on the cardamom, cumin, coriander, black pepper, tamarind, and turmeric. Mosey down to the herbs, then on to fruits and vegetables where you'll be introduced to the sakriya, a small vine-grown yam, and the sweet-and-sour woodapple, indigenous to the Indian jungle. There's also a chapter on ayurveda, the balancing of mind, body, spirit, and environment, and which foods can help you achieve this balance. Though a few recipes are included in the back, this is not a cookbook, but rather a preparing-to-cook book. Bladholm thoroughly covers a vast amount of information and makes you feel like you could stroll into your local Indian grocery and make smart, informed purchases. And if you're still a little timid, *The Indian Grocery Store Demystified* is small enough to stick in your bag to reference while you're there. --Dana Van Nest "At last there is a book that takes you by the hand and gives a clear and fascinating tour of these markets. It couldn't have a better title." ?Amanda Hesser, *New York Times* "[I]t's a perfectly economical vest-pocket guide that is a real gem." ?Russ Parsons, *Los Angeles Times* (also named one of the *Times'* Ten Best Cookbooks for 1999) About the Author Linda Bladholm is an accomplished writer and chef. She resides in Miami Beach, Florida.