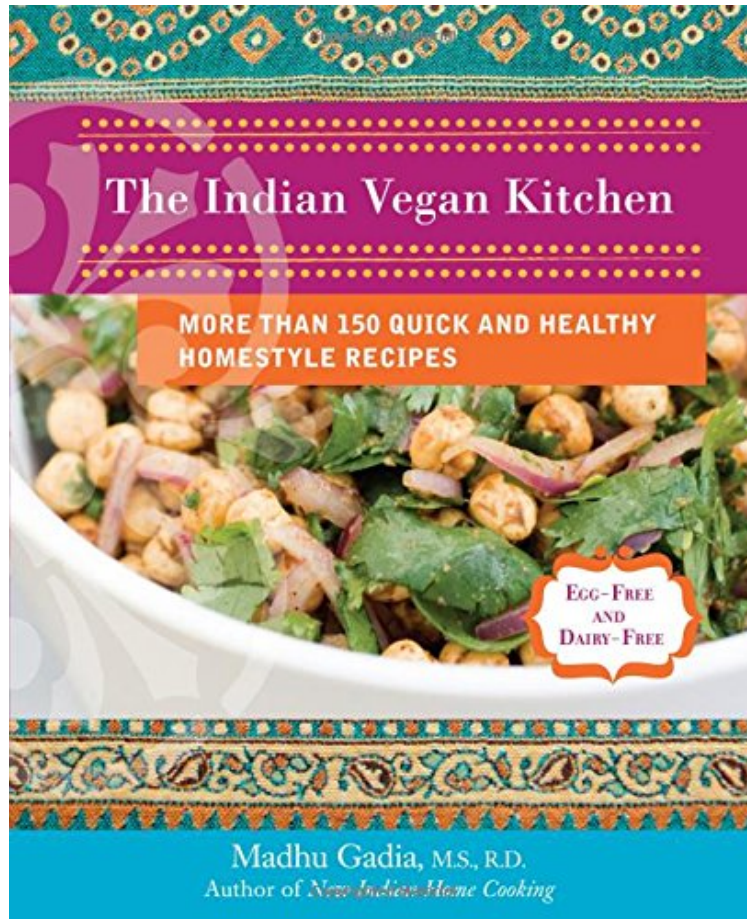


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The Indian Vegan Kitchen: More Than 150 Quick and Healthy Homestyle Recipes

Madhu Gadia

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Madhu Gadia : The Indian Vegan Kitchen: More Than 150 Quick and Healthy Homestyle Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Indian Vegan Kitchen: More Than 150 Quick and Healthy Homestyle Recipes:

22 of 22 people found the following review helpful. Best Rajma Recipe Ever! By Marquita Dorsey Wilson It's ridiculous how many Vegetarian Indian cookbooks I have, but this one is among my favorites. What I appreciated most was the labeling of Gluten Free recipes. I'm eat a gluten free, vegan diet one thing I miss is naan, roti, and puri. She gives alternative breads that are great accompaniments to your dishes. The recipes are very healthy and some of the best I have ever used. I appreciated all the breakdown and explanations of diet and ingredients. I haven't been able to find the right rajma recipe and this was a winning combo of ingredients (I did add 1 black cardamom seed and a pinch of black cumin seeds). Enjoy! 7 of 7 people found the following review helpful. Never get take away again! By Sidney My boyfriend and I could easily live on Indian food. Our favorite restaurants are either strictly vegan or Indian.

With this cookbook I feel as though we'll never have to go out for Indian again! It's fantastic. I made the saag with a tofu paneer recipe I found, it was fantastic! Full of flavor, just the right texture and it was incredibly easy to make. I've tried several Indian recipes and could never get them quite right. Indian cooking seemed intimidating until I purchased this book. I highly recommend this one! My only complaint is the lack of pictures. I would love to see photos of the finished dishes so that I know I've really made it properly. That is the only reason I give this 4 stars instead of 5! Buy it, use it, love it!! 3 of 3 people found the following review helpful. An Indian Cookbook Must Have By house mom Cali If you want to prepare Indian food authentically, this book is a MUST have! The book gives very detailed directions on preparing each meal. If you can read in English, you can prepare amazing flavorful meals with this book. I am currently housing an Indian student and have prepared many of the recipes in the book for him. His feedback is all rave reviews! If you can't find the spices required for the recipes where you live, the book lists where you can buy them online. Every recipe has a little story to go with it (I like that). The only drawback about the book for me is that it does not have any pictures. Indian food is all new to me so pictures of how the presentation should be would have been helpful.

The author of *New Indian Home Cooking* presents a fresh take on Indian recipes for vegans, vegetarians, and anyone who loves Southeast Asian cuisine. Renowned nutritionist and cooking instructor Madhu Gadia delivers a wonderful new recipe collection that is perfect for vegans looking for fresh ideas, as well as anyone who savors healthy, light recipes that don't compromise on authenticity. Unlike most Indian vegetarian cookbooks, this unique collection avoids dairy and eggs, highlighting vegetables, and making use of soy products and other simple substitutions. It also offers nutritional analyses, as well as notes on serving, history, and variations.

About the Author Born in India, Madhu Gadia is a registered dietitian and a certified diabetes educator. She received her Master of Science in Foods and Nutrition from the University of Illinois. She lives in Ames, Iowa, where she works as a clinical dietitian at an outpatient clinic. Madhu also teaches the art of Indian cooking and has appeared on local television, as well as local and national radio.