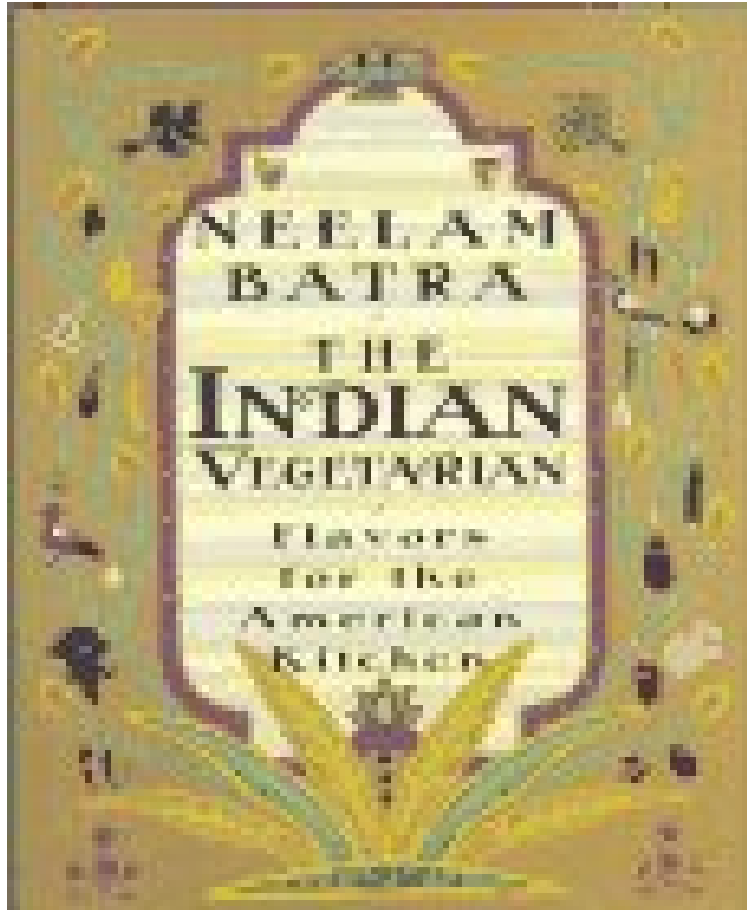


(Download pdf) The Indian Vegetarian: Flavors for the American Kitchen

## The Indian Vegetarian: Flavors for the American Kitchen

*Neelam Batra, Shelly Rothschild-Sherwin*  
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**Neelam Batra, Shelly Rothschild-Sherwin : The Indian Vegetarian: Flavors for the American Kitchen** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Indian Vegetarian: Flavors for the American Kitchen:

6 of 7 people found the following review helpful. Indian Vegetarian Bible By Birdwoman in Poland This book is so valuable as a reference that I have copies everywhere I spend time and I have bought copies for my daughter and other dear friends. There is plenty of really useful information about combinations of pulses and vegetables, apart from unusual suggestions for spice blends. Easy to follow recipes encourage experimentation and the author is a great believer in low-fat cooking, a relatively new trend in Indian cooking. A joy to use. 3 of 3 people found the following review helpful. A winner By miss\_read This is one of the foremost go-to Indian cookbooks that I follow for North Indian recipes. Neelam Batra is a genius in cooking! She's also documented tasty recipes using vegetables like asparagus, broccoli, brussels sprouts etc which are not commonly used veggies in the Traditional Indian kitchen. Additionally she has given a healthy angle to the recipes by using less oil. By cleverly using herbs like mint, cilantro (recipes are packed with cilantro) and basil, the flavours pop in these dishes and the grease is not missed at all. My

favourite recipes from this book are all the parathas, the dals, authentic Punjabi pakora kadhi, mint recipes and the sweets. Yummm! 15 of 17 people found the following review helpful. Good books for enthusiastic cooks. By AD This book is one of my favorites in my cookbook collection, though it might be a little intimidating for beginners. From a beginners perspective, I would say that the book could use some changes. For example, people who are just starting out would be expected to cook everything in smaller quantities till they perfect a particular dish. With this in mind, the author could have given measurements in all recipes to serve 2-4 people instead of 8; as a beginner, I found it easier to multiply quantities rather than halving or quartering them. As I got used to cooking however, I found this book invaluable. The time-tested recipes are excellent and every one of them has been a success with me. The use of vegetables like avacados, generally not found in Indian cuisine, is a welcome change, from using the same vegetables everyday. Also, the mentioning of non-vegetarian equivalents, has been an advantage for me since I am a vegetarian and this gives me a chance to cook delicious vegetarian dishes, without the meat. Overall, a good book especially for people who entertain frequently.

The Indian Vegetarian features more than 300 recipes of the zesty meatless dishes Neelam Batra has cooked all her life. Batra translates India's wide range of vegetarian dishes for home cooks, combining authentic Indian spices with local produce and simple cooking techniques to create exciting, satisfying, healthful dishes, ranging from classics to originals. Following a primer on Indian spices and flavorings, The Indian Vegetarian features more than 130 recipes for quenching beverages like Sparkling Limeade, a savory array of appetizers and snacks, piquant salads such as Fresh Spinach Salad with Cumin Yogurt Dressing, and vegetables in all their glory — Pumpkin with Fenugreek Seeds, Royal Eggplant with Garlic and Spices, New Potatoes with Ginger and Cilantro, to name just a few. There are recipes for cooling yogurt dishes like Barbecued Zucchini in Yogurt with Sauteed Mustard Seeds, homemade low-fat cheese preparations, and hearty bean and rice recipes like Black-Eyed Peas with Garlic and Scallions, and Rice with Basil and Sun-Dried Tomatoes. There is also an extensive section on condiments, side dishes, and dressings including Hot and Sour Chili Pepper Chutney, and Cilantro Coconut Chutney. Sauces for vegetables (or meats if there are carnivores in the family) include Fresh Mango and Ginger Sauce, and Tomato Mustard Sauce. Luscious desserts like Cashew and Saffron Rolls and Orange Peel and Almond Cookies are a sweet coda. The Indian Vegetarian is one of the most complete and satisfying books of its kind on the market. Praise for The Indian Vegetarian: "Congratulations to Neelam! She has written a comprehensive book on the fascinating tradition of Indian vegetarian cooking. By combining the bright palate of fruits and vegetables available to us today with her knowledge of traditional cooking techniques learned in India at her mother's knee, she has created a very fresh and appealing style of vegetarian cooking." — Viana LaPlace, author of Verdura and The Unplugged Kitchen "Ever since I first saw Neelam Batra teach a cooking class twelve years ago and tasted her food, I have been hoping she would write a book of her delicious recipes. The Indian Vegetarian was definitely worth waiting for. Neelam makes fabulous Indian cuisine accessible to busy, health-conscious cooks. If you are interested in adding wonderful vegetable dishes to your menus, you will love this book." — Faye Levy, author of Faye Levy's International Vegetable Cookbook and The New Casserole

From Publishers Weekly "Cooking is not always [about] doing the right thing, but is [about] being able to create a new masterpiece when something goes wrong.... Think of [it] as an adventure." Combining Indian culinary tradition with others from around the world for an American audience, Batra assumes little about our familiarity with the subcontinent's habits. She's a persuasive proselytizer. Her recipe for lemonade is memorably minted; so is her version of the British cucumber sandwiches. A potato salad, which calls for both sweet and russet types (and a yam, too), is unusual. Salads, chutneys, beans, appetizers, cheeses, rice dishes, yogurts, breads and sweets are thoroughly covered. Check out the orange peel and almond cookies, also the avocado chutney. The chapter on sauces (tomato mustard sauce; pumpkin sauce) is extensive and rewarding. In addition to recipes, Batra offers well-worded introductions, brief informal memoirs and mail-order sources. Copyright 1994 Reed Business Information, Inc. From Library Journal The latest in a slew of similar cookbooks, like Chandra Padmanabhan's Dakshin: Vegetarian Cuisine from South India (LJ 4/15/94) and Ruth Law's Indian Light Cooking (LJ 4/15/94), this book emphasizes vegetarian cookery. Batra grew up in New Delhi but is now a cooking teacher in California. She offers not only authentic traditional Indian dishes but also recipes inspired by the produce at her farmer's market, her American friends and students, and a variety of ethnic cuisines. In addition to a delicious array of chutneys, for example, she includes a chapter on intriguing sauces, not usually treated as separate entities in Indian cooking. Cilantro Mashed Potatoes (a current American obsession) and Rice with Peas and Tomatoes, inspired by a favorite pasta, mingle with classic dishes like Nine Jewel Vegetables. Recommended for most collections. Copyright 1994 Reed Business Information, Inc. From Booklist Batra makes a point of demystifying Indian food for Americans who find it "exotic" and somehow intimidating. She provides some wonderful sample menus and fully explains a set of essential ingredients. She then launches into a glorious series of recipes for various masalas and chutneys. Vegetarian cuisine really is limitless, especially vegetarian Indian dishes: Batra has created more than 250 luscious recipes. She explains exactly how a samosa is folded and how masalas are used and provides enticing and unexpected recipes for all kinds of salads and dressings, flatbreads, pastries, and

casseroles. There are dozens of rice dishes, uses for cheese and yogurt, and recipes for turnovers and fritters, barbecued cheese and veggie skewers, and, of course, desserts. Perfect for both beginners and aficionados. Donna Seaman