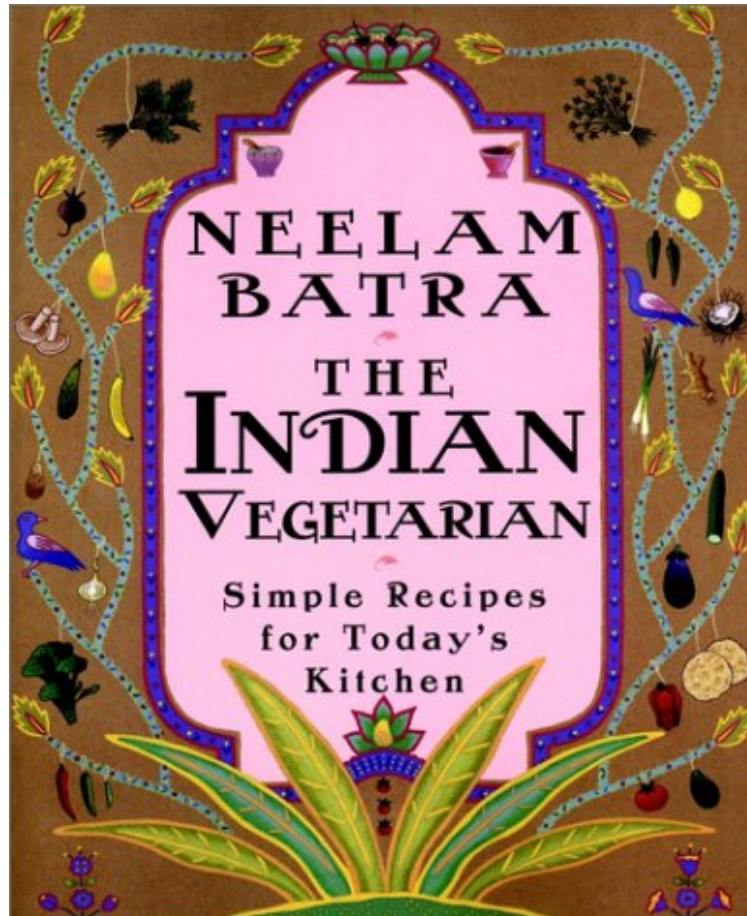


The Indian Vegetarian

Neelam Batra

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Neelam Batra : The Indian Vegetarian before purchasing it in order to gage whether or not it would be worth my time, and all praised The Indian Vegetarian:

0 of 0 people found the following review helpful. Five StarsBy KMASuch a wonderful book. Excellent vegetarian recipes. I have even purchased this book a gifts.1 of 1 people found the following review helpful. Our favorite vegetarian cookbook!By John the 19thOne of the most approachable Indian Vegetarian cookbooks we own. Unfortunate that it's out of print. My first copy is so beat up from constant use, we had to buy a used one! Many alternatives are offered for ingredients that may be hard for non-urban cooks to find.2 of 3 people found the following review helpful. One of the best!By Jeffery Robbinsi have used this cookbook for years, and i recently bought it for a friend. the recipes are superb, especially when using fresh spices, and the author's explanations, suggestions and adaptations are inspiring. good stuff!

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 mdash; 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." mdash; 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." mdash; Faye Levy, author of *Faye Levy's International Vegetable Cookbook* and *The New Casserole*