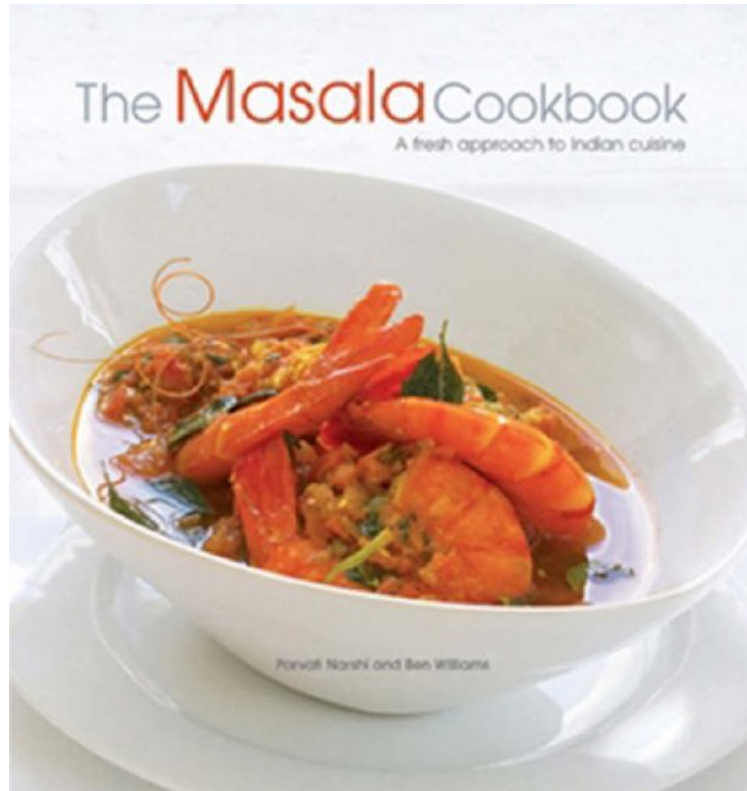


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The Masala Cookbook: A Fresh Approach to Indian Cuisine

Parvati Narshi, Ben Williams

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Parvati Narshi, Ben Williams : The Masala Cookbook: A Fresh Approach to Indian Cuisine before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Masala Cookbook: A Fresh Approach to Indian Cuisine:

Magical masalas are what "The Masala Cookbook" is all about. It's a must for lovers of Indian cuisine and debunks the notion that cooking the 'Indian-kitchen' way is not for the faint-hearted. Readers are taken on a step-by-step journey into the world of red, green, three-spice and warm masalas, the keys to mouth-watering curries, dhals and savoury bites. By preparing the various masalas beforehand, eager chefs will be inspired to try many of the exquisite masala recipes in this book or even create their own pleasurable dishes at any time by simply adding ready-made masala. The book features a glossary of the herbs and spices used in the recipes, a detailed description of each masala and how it is prepared, and almost 80 recipes accompanied by vibrant colour photographs, as well as helpful hints and variations.

About the Author Parvati Narshi is responsible for the ingenious science of the masala cooking and recipes featured in The Masala Cookbook. Her family hails from Gujerat in India where traditional masala cooking is practised daily. She is a first-generation South African Indian and lives in Simon's Town. Ben Williams is the former associate publisher of

The Big Issue, a magazine and empowerment project in Cape Town. Formerly from the USA, this is his first book as writer and photographer. He is married to his co-author's daughter.