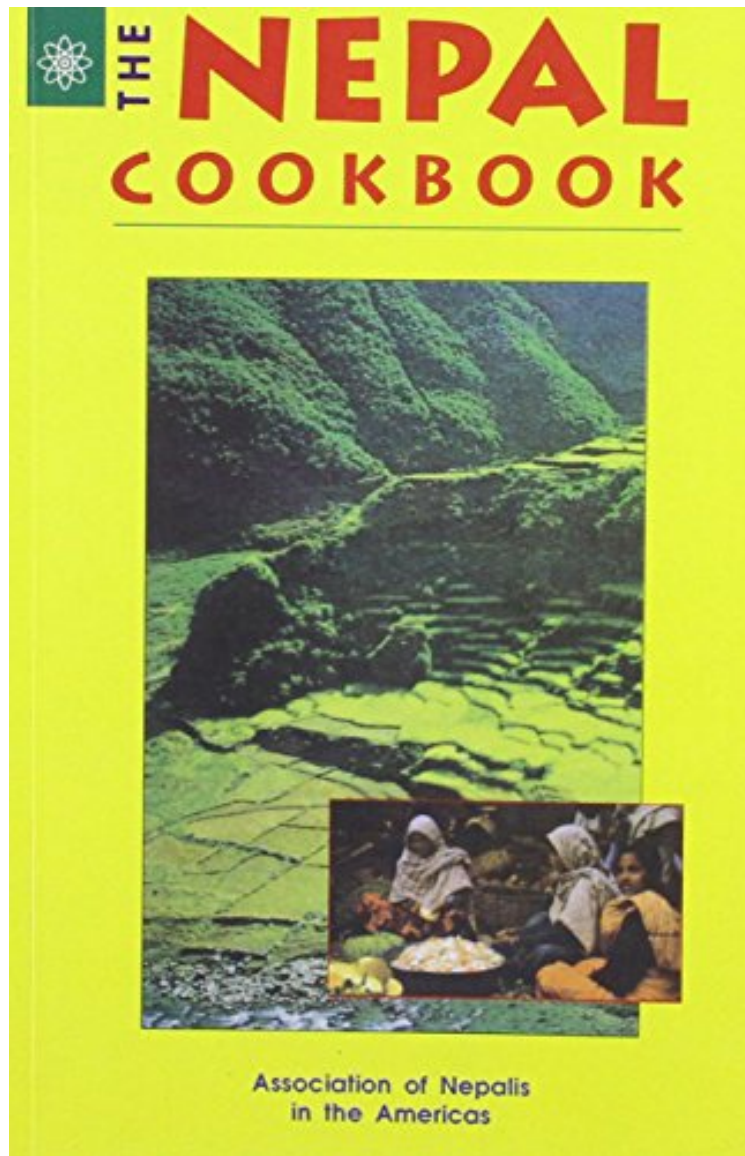


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## The Nepal Cookbook

*Padden Choedak Oshoe*

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**Padden Choedak Oshoe : The Nepal Cookbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Nepal Cookbook:

First and only book on Nepali cuisine.

"A unique compendium of family recipes." --Library Journal  
The Nepal Cookbook is a treasury of recipes from the members of the Association of Nepalis in the Americas representing the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, the recipes included here reflect the many facets of Nepal's colorful and diverse cultures. Nepali food, which is simple to prepare and subtle in flavor, is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal: appetizers, soups and lentils, vegetables, meats, pickles and chutneys, rice and breads, and desserts. The most commonly used flavorings include cumin, red and green chilies, garlic, ginger, szechwan pepper, cilantro, and scallions. Special cooking methods and ingredients unfamiliar to a Western audience are fully explained. The Nepal Cookbook is an ideal reference for gourmet clubs and any chef with an adventurous nature. A terrific addition to any kitchen bookshelf! --Midwest Book  
"The Nepal Cookbook is an ideal reference for gourmet clubs --a terrific addition to any kitchen bookshelf!"