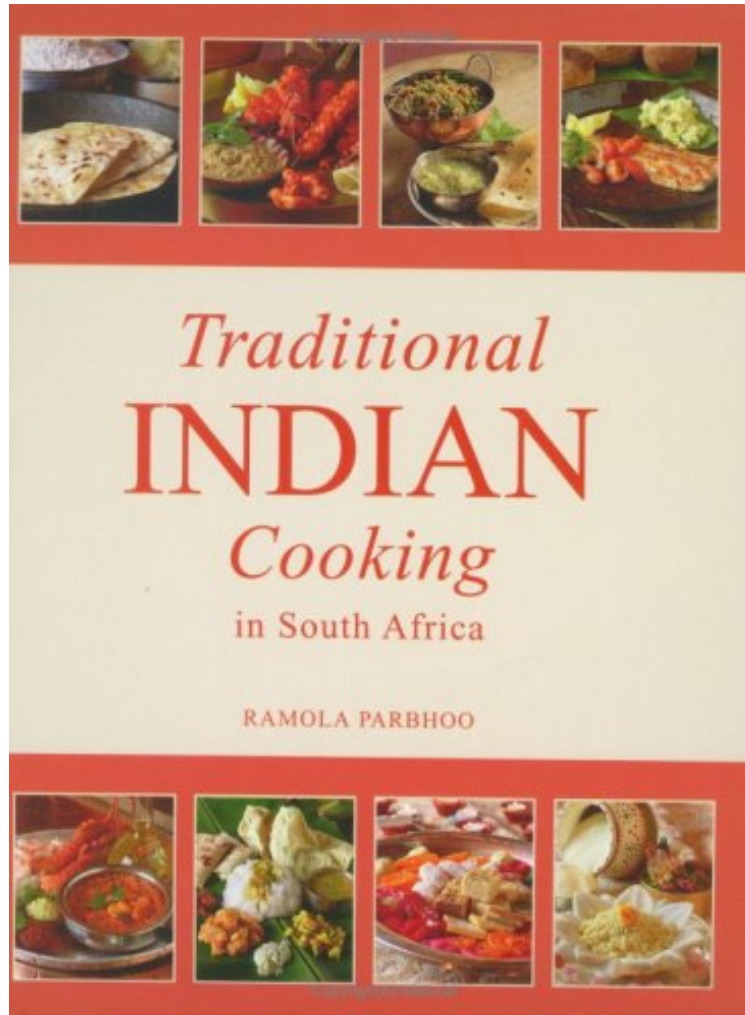


Traditional Indian Cookery in South Africa

Ramola Parbhoo

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Ramola Parbhoo : Traditional Indian Cookery in South Africa before purchasing it in order to gage whether or not it would be worth my time, and all praised Traditional Indian Cookery in South Africa:

3 of 3 people found the following review helpful. An outstanding pairing of recipes and color photosBy Midwest Book ReviewTraditional Indian Cooking in South Africa provides many regional adaptations on Indian cooking that aren't to be found in competing cookbooks, from Potato Noodles served as snacks to Green Peppers Stuffed with Mince and Hot Buttermilk Gravy. An outstanding pairing of recipes and color photos.

Ramola Parbhoo was schooled in the art of Indian cuisine from the tender age of six when her mother sat her down to play in the kitchen with a piece of dough, a roti board and an Indian rolling pin. Since then her love affair with this part of her culture has never ended and has been an evolving journey spiced with family memories, a continual thirst

for knowledge and an appreciation of the Indian culinary tradition. It is this very tradition that has also woven itself in so many ways into the fabric of South Africa's own eclectic culinary life. In "Traditional Indian Cooking in South Africa", this exotic cuisine is presented in a wealth of over 170 recipes — an updated and revised edition of the original, best-selling "Indian Cookery for South Africa", with all new photography. For those who would love to create their own authentic Indian meals, the author has provided menu suggestions.

About the Author Ramola Parbhoo began her professional culinary career in 1980 when she established the first school of Indian cuisine in South Africa in Cape Town, which was attended by a range of students from novice cooks to professional hotel chefs. She was the recipient of an Honorary Grande Diploma from Silwood Kitchen in 1986 and has also owned her own restaurant. Her passion for life and people combined with a flair for vibrant colors and oriental decor marks her individual style. Presently Ramola embraces a multi-cultured and serene lifestyle enriched by her extensive travels, thereby developing new ideas and culinary skills from different peoples of the world. Ramola resides in Cape Town with her husband Pradeep.