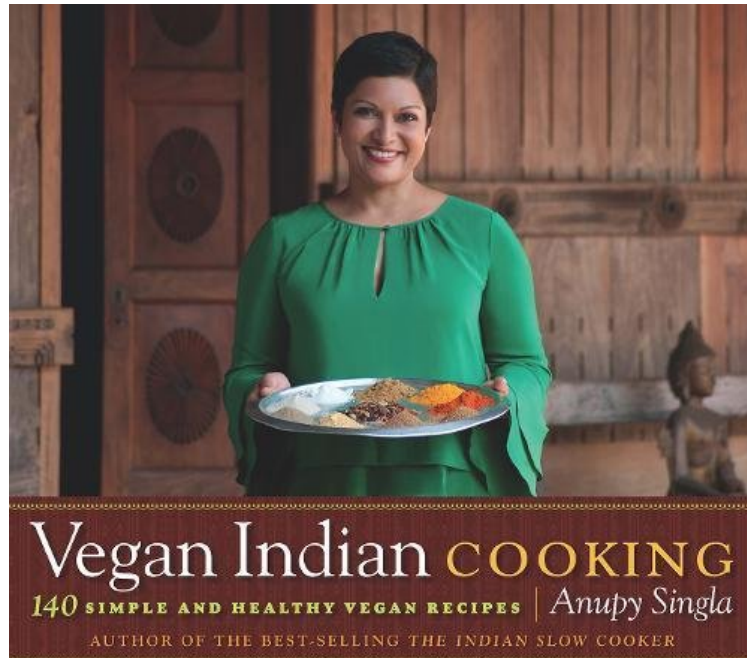


(Download) Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes

Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes

Anupy Singla

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Anupy Singla : Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes:

3 of 3 people found the following review helpful. Easy to follow great tasting recipes By Tiki Marsala I really love this recipe book. I have had this book for a couple of years but I only recently became vegan so I finally started flipping through it for recipes. Now I've made LOTS of dishes from this book and they always turn out great. I have a several other vegan vegetarian recipe books including ones that were highly recommended on but this is the one I like the most. I am not Indian so I appreciate that the book doesn't assume any prior knowledge of Indian cuisine. I also like the fact that it uses traditional techniques like toasting and crushing spices which one of my other recipe books skips (my guess is to make the dishes easier to make). Anyways my husband who is Indian has loved the dishes from this book. The ones I've made so far were done in under an hour. There are dishes that take longer but I haven't tried them yet. I started being a bit more organized with my meals, planning for the entire week by bookmarking recipes in this book and listing the ingredients I would need to buy. As a result I always know what meals I can make with what I have in the fridge/pantry. I thought I would prefer a hard copy of the book, but I like having a Kindle Edition more. It has to be on the counter top which means hard copies get dirty and wet (that's what happened to my other recipe books). The kindle is easy to clean. On top of that I can bookmark 20 recipes (which I actually have done) easily on a kindle, which is not so easy to do on a hard copy book. I use it on my Kindle Fire which I can read in bed at night to plan out recipes. A hard copy book would have meant that I have to keep a really bright light on. Overall I have been very happy with this book as it expanded my rather narrow repertoire of vegan recipes. That has helped me look forward to meals rather than dreading them. 3 of 3 people found the following review helpful. Enjoying the recipes in this book By

CustomerGood introduction to Indian cooking. Helpful information about the various spices, beans, and lentils. I appreciated the notes at the end of the recipes that gave ideas for substitutions. I've made about 12 recipes of of this book so far and enjoyed all of them. Clear, easy instructions. The e-book is a bit of a challenge to read though since the ingredients are commonly on one page and instructions on the other so flipping back and forth (on my slow iPad) is slightly ertsome (not the book's fault though). On the other hand, having the e-book made it convenient to go to the Indian grocery store with the iPad and simply ask for all the spices and lentils on the list at the beginning of the book. The author also points out which spices have gluten in them as well. Most of the recipes are gluten free or can be made that way which is nice. 2 of 2 people found the following review helpful. Thanks for an amazing book! By AWow! I can't express how happy I am that I bought this book. To say the food is healthy is an understatement. Even blah, bland and/or slightly bitter veggies taste great. I never thought I'd say, "Mmmmm spinach soup," or "Oh goodie, more cabbage," but now I do. The step by step instructions are clear and easy - chop, blend, simmer, bake, etc. I have already ground my own garam masala, and I'm learning how to balance spices and ingredients to customize recipes. For ex., I can customize and lower the amount of heat a recipe has by: adjusting ingredient amounts, adjusting the way I cook the ingredients, and/or by adding other foods, for ex. mint chutney, rice or bread, to the meal. I never thought I'd be able to cook Indian food! Just take care with the addition of the really hot spices. Although there's no Vindaloo (vindaalo?) in the book, I have seen people gasp for air after overdoing it on certain spices. Why DO men DO that? Not everyone realizes it when they don't tolerate the heat well. THANKS to the author for her enthusiasm, encouragement and great recipes!

This beautiful follow-up to Anupy Singla's widely praised first cookbook, the Indian Slow Cooker, is a unique guide to preparing favorite recipes from the Indian tradition using entirely vegan ingredients. Featuring more than 50 recipes, and illustrated with color photography throughout, these great recipes are all prepared in healthful versions that use vegan alternatives to rich cream, butter, and meat. The result is a terrific addition to the culinary resources of any cook interested in either vegan or Indian cuisine. Singla--a mother of two, Indian emigre, and former TV news journalist--has a distinctive style and voice that brings alive her passion for easy, authentic Indian food. Some of these recipes were developed by her mother through the years, but many Singla developed herself, including fusion recipes that pull together diverse traditions from across the Indian subcontinent. She shows the busy, harried family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. As Singla sees it, acquiring and using the proper spices is the key to preparing her healthful recipes at home. Singla has recently brought to market her own line of traditional Indian spice trays (also known as a masala dabba), which is being sold by retail outlets like Williams-Sonoma. Vegan Indian Cooking builds off of Singla's vast expertise in simplifying and perfecting Indian spices and unique, custom spice blends, making delicious Indian cooking accessible to even the most hurried home chef.

Praise for Anupy Singla and The Indian Slow Cooker