

(Free) Vegetarian Curries

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Nita Mehta

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Nita Mehta : Vegetarian Curries before purchasing it in order to gauge whether or not it would be worth my time, and all praised Vegetarian Curries:

0 of 0 people found the following review helpful. Authentic and worth the time By Dorothy L. The recipes are labor intensive. If you want authentic and tasty Indian food, it requires some time. It is worth it! Many excellent curries found in restaurants are in the little book. The best are Paneer in Pista Gravy, (beautiful green sauce), and Methi Malai Matar. Made them as soon as I received the book. Forget the premade pouches of Indian food and spend a evening with the real thing. 1 of 2 people found the following review helpful. Who is supposed to use this? By Anne L. Watson I can't imagine who could find this book useful. If you're not Indian, you would have no idea what a fair number of the ingredients even are. If you are Indian, I'd imagine a thin booklet of basic recipes would be unnecessary. I've been cooking for a long time, and I've done quite a bit of international cooking. But a book with ingredients lists that include "arbi" (explained as calocassia, which doesn't help), "curd" (what kind of curd? Bean? Dairy? Hello?), "haldi powder" and "carom seeds" is not likely to find a place on my shelf. Maybe the thrift store will take it, but I wouldn't blame them if they wouldn't. There's a reason they don't let you look inside before you buy. 0 of 3 people found the following review helpful. Great little book By Pam I've had to make a huge search for vegetarian curries, which included my husband's favorite, Vegetable Khorma. Because we can't see the index or contents pages, there's no clue what the recipes are. I've purchased quite a few other books, and much to my dismay, they did not have Vegetable Khorma!

To most, curry simply means vegetables with gravy, along with a combination of spices. One always thinks of curry to be something oily, rich and hot. We have tried our best to change that concept by reducing oil and chillies and adding flavorful spices. The curries are flavored with exotic spices like nutmeg, mace, saffron, black cardamoms, green cardamoms, fennel seeds, cinnamon etc. The curries are grouped on the basis of color - Red, Yellow, Green, White and Brown. Although a green curry will not always be a perfect green, but it will certainly have a hint of green. Similarly, a white will not be pure white as it will take some color from the spices. This division is done to make your

table spread look attractive when you serve a meal.

About the Author Nita Mehta is one of the best selling cookbook authors in India. She has written over a 100 cookbooks on various topics ranging from Indian cooking to Chinese, Thai, Italian, Mexican including books on home remedies and cooking tips. Her step by step recipes are easy to follow and simple to make. All her recipes are 100% tried and tested.