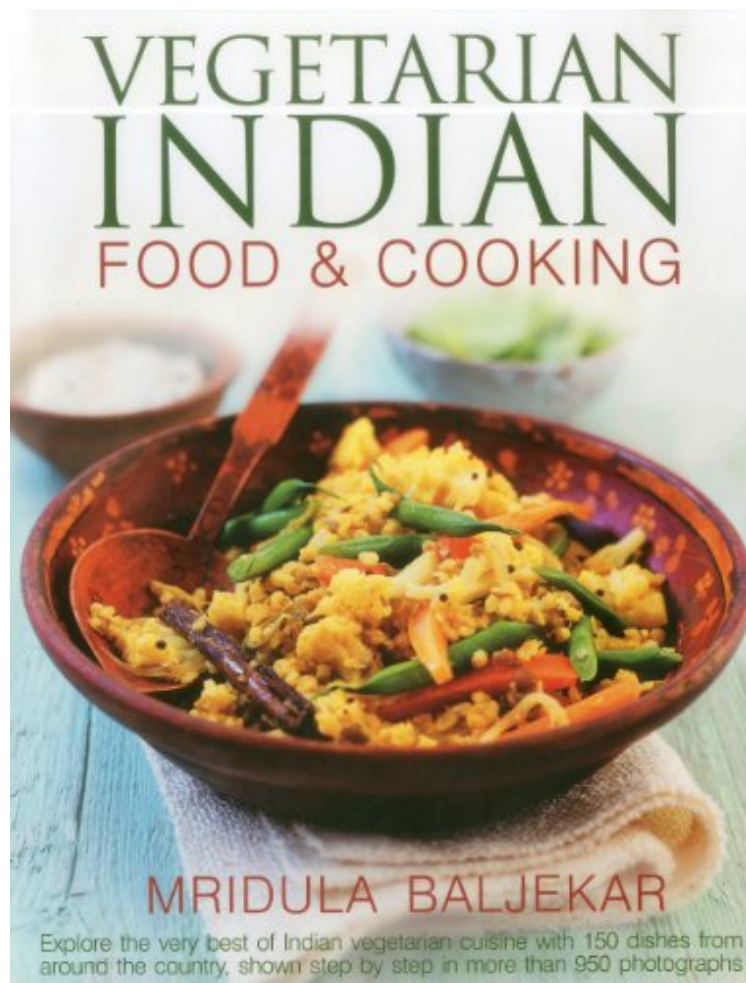


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2 of 2 people found the following review helpful. Fantastic images and instructions!By River CoinsRecipes good, but

not a lot of satiating foods to be for veg meals specifically. I found the illustrations very enlightening, due to difficulty i've had previously with not knowing exactly what items are meant to be used (language/regional differences) and how the end product should come out (sometimes a verbal description isn't quite enough to know what is expected). 0 of 0 people found the following review helpful. Not My Favorite Cookbook By Sarah Summers Tried few recipes and didn't find them that good at all. I love Indian food but didn't like these; in all fairness however, I didn't try all of them, it only takes a few to discourage me. 2 of 2 people found the following review helpful. there are about 40% content are the same with her "Vegetarian Cooking of India(2011)" By alaala have many Mridula Baljekar's book, but this one have too much come from her last book "Vegetarian Cooking of India(2011)", if you didn't have any of this two. I think this is a better version to have.

This title helps you discover the fabulous wealth of India's aromatic and exciting meat-free recipes. It features a comprehensive visual guide to Indian ingredients and equipment, and detailed instructions for essential preparation and cooking techniques. Packed with 150 delicious recipes, as well as cook's tips, variations and nutritional analysis, this inspirational volume is essential reading for anyone who wants to explore the exciting world of Indian vegetarian food.

About the Author Mridula Baljekar is the best-selling author of many Indian cookbooks, including *The Food and Cooking of India* and *Curry* (both Lorenz Books). Born and raised in north-east India, when she moved to England she turned her childhood passion for cooking into a highly successful career. One of her books won both *The Best Asian Cookbook in the World* and *Cookery Book of the Year* awards. Mridula's food has been described in the media as 'heaven on earth for the senses'.