

[Read ebook] Vidya Sinha's Cookbook Indian Vegetarian Recipes of Bhojpur

Vidya Sinha's Cookbook Indian Vegetarian Recipes of Bhojpur

Vidya Sinha

*audiobook / *ebooks / Download PDF / ePub / DOC*

VIDYA SINHA'S COOKBOOK: INDIAN VEGETARIAN RECIPES OF BHOJPUR



DOWNLOAD



+

READ ONLINE

#6771994 in Books 2011-10-03Original language:EnglishPDF # 1 8.50 x .31 x 5.511, .45 #File Name:
1611700507120 pages | File size: 57.Mb

Vidya Sinha : Vidya Sinha's Cookbook Indian Vegetarian Recipes of Bhojpur before purchasing it in order to gage whether or not it would be worth my time, and all praised Vidya Sinha's Cookbook Indian Vegetarian Recipes of Bhojpur:

2 of 2 people found the following review helpful. Vegetarian Kitchen of BhojpurBy Ravi sahayThis is a wonderful book. I am thankful for so many tasty and healthy recipes which uses Chana or Besan flour (Indian chick peas also

called "Bengal Grams"). By the way, Chana claims to be the wonder whole grain with the lowest Glycemic Index and it is the best food for all including the diabetics.No wonder, both Hindu gods, Ganesh (Elephant God) and Hanuman (Monkey God) like Besan Ladoo (Indian Sweet) the most.. something to add for your next edition.Many thanks for presenting this age-old culinary art of Bhojpur especially for the immigrants in British Guyana,, Canada, Fiji Islands, Mauritius, UK, USA and the West Indies to name a few. -An immigrant from Bhojpur

This cookbook is a collection of everyday vegetarian recipes based on the culinary traditions of Bhojpur region of India. The recipes presented here are simple, wholesome, and full of flavor. Some may find them nostalgic...reminiscent of one's mother's and grandmother's kitchen. May all the food I partake be pure, May there always be pure environment while making food, Food that upholds great strength and invigorating power... -?ig-Veda, Book 1, Hymn 187 About the Author: Vidya Sinha, born at Kajipura and raised in Bhojpur district of India, has a B.A. in Hindi Literature. This book is based on early learning from her mother, grandmother, and years of experience. Through the recipes presented here she has tried to preserve the Bhojpur-style of Indian vegetarian cooking.