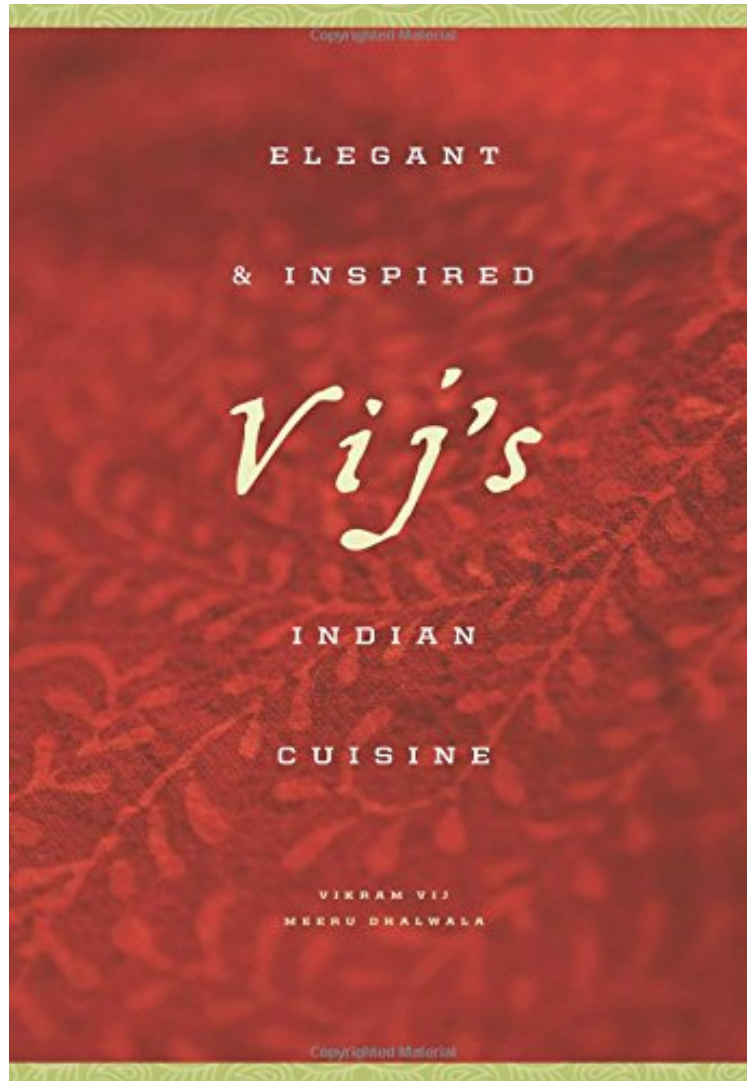


(Mobile pdf) Vij's: Elegant and Inspired Indian Cuisine

Vij's: Elegant and Inspired Indian Cuisine

Meeru Dhalwala, Vikram Vij
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Meeru Dhalwala, Vikram Vij : Vij's: Elegant and Inspired Indian Cuisine before purchasing it in order to gage whether or not it would be worth my time, and all praised Vij's: Elegant and Inspired Indian Cuisine:

0 of 0 people found the following review helpful. authentic Indian cuisine and excellent variety tooBy ViolettaUnlike many other reviewers, I have not had the pleasure of dining in the restaurant in Vancouver from which the recipes in this book come. I do enjoy Indian food very much, and I would like to learn to cook some dishes at home as well as understand some of the methods used in Indian cooking. This books satisfies those desires very well, and I would highly recommend it if you want to go beyond the basics but still want a relatively simple approach to authentic Indian cooking. The explanations in this book are outstanding about why certain foods go together, which ingredients are

better for certain types of dishes, and even which wines go best with each dish. Recipes that I have tried so far have all been excellent. I agree with reviewers who have said that there is more salt and more water in some recipes, and I tend to reduce both of these ingredients as I cook. One can add more later, if they are needed. Otherwise, even though some recipes read as if they might be highly spiced, they are not, in my opinion. I follow them exactly the first time I make them (lessening the water and salt), and they are excellent. For example, I've tried the chicken breast in coconut-chickpea flour curry, in which the chicken turned out moist and had a lovely tartness because of tamarind paste in the curry. The cilantro-mint chicken curry is also very special and is one of the easiest recipes too. I will make it often. The vegetable recipes are interesting too; for me, the cauliflower-rice pilaf was great, with its inclusion of cloves, cumin, turmeric, and cilantro. Proportions for the ingredients in these recipes are often very important. Most of them serve 6 people, but I often make half the first time, and that has caused me no problem. The photos and commentary are both outstanding, and there are so many recipes that I intend to try. I recommend this book highly for anyone who enjoys Indian cuisine.

10 of 10 people found the following review helpful. Magnificent!

By Lisa
This is a brilliant book. I have been cooking Indian food for over 30 years, and this book has totally changed the way I think about Indian cooking. Where many Indian cookbooks have a long list of ingredients, this one tends to have fewer ingredients, but they are absolutely the **right** ingredients, and not in stinting quantities. The result is flavors that are crisp and bright. Because of the clear instructions and illustrations, I am now making my own paneer (cheese) at home. It's far superior to anything available in the stores and is much cheaper (less than \$2 a pound if you get milk on sale). I originally hesitated to buy this book because I'm vegetarian and many of the recipes are for meat and seafood, but I'm very glad I got it. The non-vegetarian recipes can often easily be adapted for meatless use. And there are quite a few meatless recipes. There are some editorial anomalies. For example in the recipe titled "Sauteed Arugula and Spinach with Paneer and Roasted Cashews," the arugula and spinach is in fact never sauteed. It is added to the liquid curry at the very end and cooked until wilted and heated through. Go figure. (Great recipe by the way, but reduce water to one cup from three.) I also found that the authors tend to use more liquid than I would. If you are an experienced cook and you feel that a recipe calls for too much liquid, trust your instinct and go with less to start with. You can always add additional if you need it. The only time this was a problem for me was when I made a lentil rice pilaf, using the quantity called for - it was one of the first recipes I made. There was so much liquid I had to cook it down much longer than I would have liked and the result was mushy. The flavor, however, was superb. I'll make it again often, but with much less liquid. (In this recipe, the problem could simply be a difference in the rice and lentils these cooks use compared to what I'm using, although at least two other reviewers have mentioned the same problem.) I have often also significantly reduced the amount of salt called for. Despite these quirks I'm giving the book a full five stars. It's a beautiful book and the food is magnificent.

22 of 23 people found the following review helpful.

Fantastic!!

By A. R. Tupper
Vij's restaurant (Vancouver B.C.) has been one of my favorite places to eat for some time now. For the money, you'd be hard pressed to find better food anywhere. Having said that, I was admittedly a bit nervous about trying to recreate any of these dishes in my own kitchen. I'd rate myself as a moderately skilled chef at best, and didn't know the first thing about preparing Indian food. Anyways, I couldn't resist the temptation to try. My first effort was a cilantro-mint chicken curry. I must say it was incredible. The whole house smelled amazing while I was cooking. I invited my parents over to try the results and they couldn't stop commenting on how delicious the dish was. I would highly recommend this book to anyone who likes Indian food and wants to try preparing it for themselves, or would like to add a few incredible recipes to their repertoire.

At Vij's, one of North America's most innovative Indian restaurants, owner Vikram Vij and his wife Meeru use the freshest local ingredients and original ideas to create exciting new takes on the cuisines of India. Though far from traditional, the dishes remain true to one glorious hallmark of Indian cooking: fabulous spicing. Among the luscious offerings included here are yogurt and tamarind marinated grilled chicken, seared venison medallions with fig and roasted pomegranate kha, and marinated lamb popsicles in fenugreek curry. Vegetarian selections abound, with dishes like portobello mushrooms in porcini cream curry, coconut curried vegetables, and jackfruit with cayenne and black cardamom. Recipes for naan, chapattis, raiti, and other sides, staples, vegetables, and desserts allow readers to prepare an Indian feast from beginning to end. As beautiful and sumptuous as the recipes it contains, Vij's is a delicious manifesto for a new style of Indian cooking.