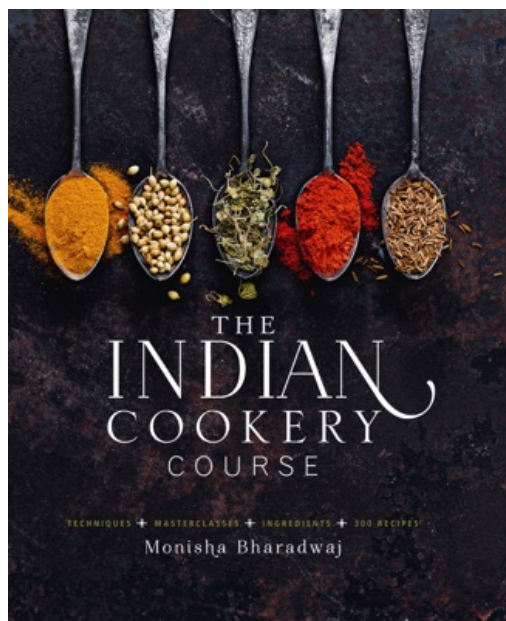


Download Indian Cookery Course free Monisha Bharadwaj (PDF, ePub, Mobi)



Monisha Bharadwaj is an award-winning chef, author and food historian. She was awarded 'Cookery Writer of the Year' by the Guild of Food Writers and her books have been shortlisted for awards such as the Andre Simon Award, the Cordon Bleu World Food Media Awards and the Jacob's Creek World Food Media Awards.

'Monisha Bharadwaj, an Indian cooking authority,' *The New York Times*

This comprehensive guide to Indian cooking explores the myriad regional varieties of authentic, healthy and lesser known Indian recipes. With chapters broken down into: Rice, Breads, Meat, Fish & Seafood, Poultry, Eggs, Dairy, Lentils & Beans, Vegetables, Snack & Sides, Grills, Salads & Raitas, Chutneys & Relishes, Desserts and Drinks, Monisha covers a varied range of dishes as well as providing insights into ingredients, techniques and step-by-step masterclasses to help you recreate classic and popular recipes.

Monisha offers a vivid overview of India's colourful traditions and geographical differences, from the earthy lentil dishes of the North to the coconut-based curries which are a staple in the South. Including advice on the building blocks of Indian cuisine, such as how to make a basic curry and how to cook the perfect rice, plus tips on the different varieties of rice and how to shop for the best type for each dish. Monisha teaches you how to make traditional Indian food at home, based on the principles of good health and touching on the values of Ayurveda. The Indian Cookery Course is the ultimate guide to everything you ever wanted to know about Indian food.

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Autor	:	Monisha Bharadwaj
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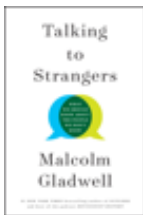
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