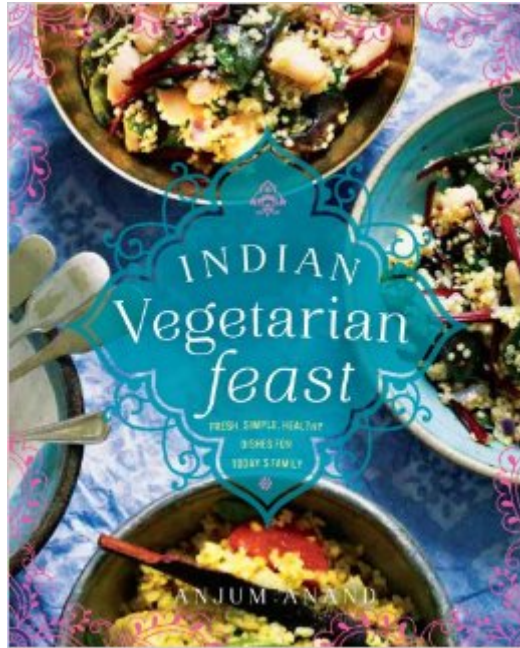


The book was found

Indian Vegetarian Feast: Fresh, Simple, Healthy Dishes For Today's Family



Synopsis

With her genius for flavor, and India's long tradition of vegetarian cooking to draw upon, Anjum Anand has created a vibrant collection of recipes that belongs in every kitchen. She cooks up a feast of healthy, delicious dishes, from Spicy, Crisp Chickpea Pancakes for breakfast to Keralan Coconut Curry, Wild Mushroom Biryani, and the Best Ever Broiled Nan. Everything is mouthwatering and easy to make at home, from the most traditional street foods to Indian-spiced versions of Western favorites, like a veggie-friendly take on shepherd's pie. Whether you're a vegetarian or an omnivore, you'll find a dazzling array of meat-free options.

Book Information

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Average Customer Review: 4.8 out of 5 stars Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #723,957 in Books (See Top 100 in Books) #237 in Â Books > Cookbooks, Food & Wine > Asian Cooking > Indian #896 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #7109 in Â Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

This really is a gorgeous book. Plenty of beautiful photos with some tasty looking dishes. I will be returning my copy, however, as I hadn't realized that quite a few of the recipes call for eggs (no preview currently available on), something I am not used to in Indian cooking. I'm sure substituting the eggs won't be a problem for most recipes, but for those with egg allergies and/or an aversion to eggs, you might want to try elsewhere. (For those with some experience with Indian cooking, my husband's favorite is Dakshin: Vegetarian Cuisine from South India by Chandra Padmanabhan. The recipes can be quite time-consuming, but the results are delicious.)

This is a good cookbook. It has beautiful photos to please the eye and inspire the cook in you. A great coffee table book that friends will comment on. But it's more at home in the kitchen, haha.

There are wonderful sounding recipes that I will definitely try. It's a great go-to for vegetarians. For others, it's a good book to have for Meatless Monday. On other days, I can easily add some chicken or lamb to most of the recipes and have a very healthy and satisfying dinner. I'm very pleased that I ordered this book.

I bought this cookbook so I could add some different tasting dishes to our diet. We decided to go to a plant strong diet. What I like best is the spicing of these recipes. The roasted butternut squashes is delicious!

The recipes are great; easy to understand. The images even better. I love that the book is solid-thick pages; well made.

The recipes are wonderful. Great illustrations. I agree with most of the other reviewers. I wish I had known before I bought the book that the author is in no way concerned with use of fat (or carbs or and other nutritional items). Her stuff looks (and I'm sure tastes) wonderful. If you are looking for low fat Indian cooking, this is not the book for you.

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