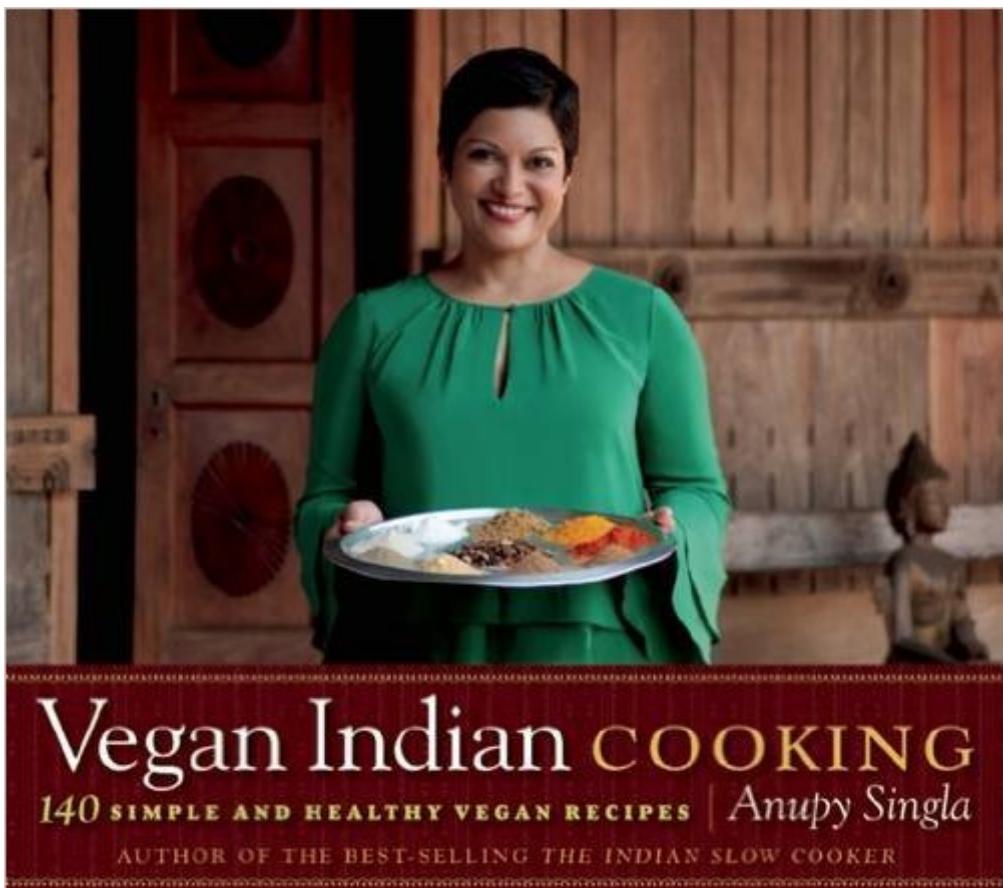


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Vegan Indian Cooking: 140 Simple And Healthy Vegan Recipes



Synopsis

This beautiful follow-up to Anupy Singla's widely praised first cookbook, the Indian Slow Cooker, is a unique guide to preparing favorite recipes from the Indian tradition using entirely vegan ingredients. Featuring more than 50 recipes, and illustrated with color photography throughout, these great recipes are all prepared in healthful versions that use vegan alternatives to rich cream, butter, and meat. The result is a terrific addition to the culinary resources of any cook interested in either vegan or Indian cuisine. Singla--a mother of two, Indian emigre, and former TV news journalist--has a distinctive style and voice that brings alive her passion for easy, authentic Indian food. Some of these recipes were developed by her mother through the years, but many Singla developed herself, including fusion recipes that pull together diverse traditions from across the Indian subcontinent. She shows the busy, harried family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. As Singla sees it, acquiring and using the proper spices is the key to preparing her healthful recipes at home. Singla has recently brought to market her own line of traditional Indian spice trays (also known as a masala dabba), which is being sold by retail outlets like Williams-Sonoma. Vegan Indian Cooking builds off of Singla's vast expertise in simplifying and perfecting Indian spices and unique, custom spice blends, making delicious Indian cooking accessible to even the most hurried home chef.

Book Information

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Customer Reviews

You NEED this book in your life. I just got this book a week ago, and have made at least a dozen

recipes so far! I didn't think I could love any Vegan Style Indian book more than her first one (The Indian Slow Cooker), but this is just as great! SO excited about this ALLI VEGAN book!! So many veggies including kale, okra, sweet potatoes, cabbage. Soups & Breads. Salads that sound amazing-think spicy fruits, carrots, daikons! Slow Cooker & Stovetop recipes. Can't wait to make the South Indian Crepes. The dishes are already very healthy with emphasis on whole foods & dried beans. Anupy uses small amounts of oil and salt. I have found that you can skip both of those and still have great food. Last night we had the Kale Pizza breads-a super quick snack. Oh, and it has Anupy's best on the planet Chai recipe. And the drink section includes Iced Coffee & Green Drinks-for those of us who don't just do one or the other! Very inexpensive on and a lifetime of Indian food. Ingredients are inexpensive. Now should I whip up another dish with the cabbage before hubby comes home....decisions.....Just a few of the recipes I have tried so far....Besan Poora (Chickpea Flour Crepes), Street Corn Salad, Jeera Aloo (Cumin Potato Hash), Punjabi Khardi (Chickpea Flour Curry with Veggies), Band Gobi (Punjabi Style Cabbage), Samosas, Cabbage with Mustard Seeds and Coconut, Methi Palak Aloo (Fenugreek Spinach Potatoes), Bhindi Masala (Crackling Okra), Sweet and Sour Potatoes, Spicy Plantains, Jeera Chawal (Cumin Rice), Tofu Curry, Mock Keema, Masala Tofu Scramble, Chickpea Poppers...Looking forward to trying the homemade yogurt (vegan of course!)

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