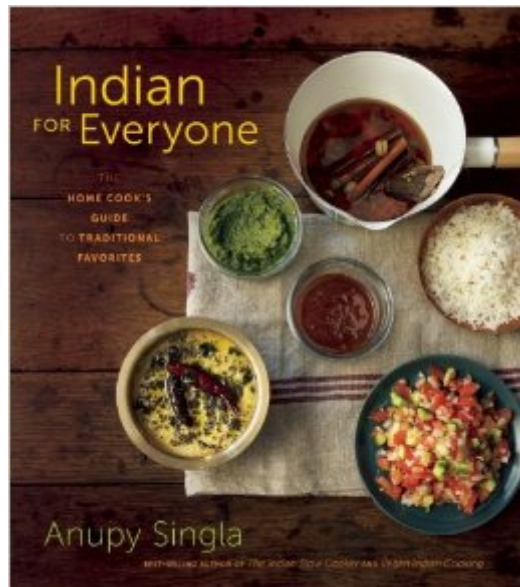


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# Indian For Everyone: The Home Cook's Guide To Traditional Favorites



## Synopsis

"An impressive and useful addition to the canon." â Publishers Weekly, starred review "Only have room for one go-to book for Indian home cooking on your shelf? This is it." â Booklist Indian for Everyone is the third book by Anupy Singla, by far her most stunning and comprehensive offering yet. Singla is America's favorite authority on Indian home cooking, and her expertise with delicious, healthful recipes has endeared her to fans everywhere. This new book opens up the true simplicity and flavor of Indian food for anyone, regardless of dietary restrictions or familiarity. Singla's recipes feature popular favorites, regional specialties, and â unlike any other Indian cookbook â alternative preparation styles for every recipe. Included are quick-and-easy adaptations for making a meal vegetarian, vegan, or gluten-free, or even in the slow cooker. Beginners appreciate the book's step-by-step instructions, while veteran home cooks now have a reference point for family favorites, including little-known instructions and standard cook times. With deeply personal, detailed stories behind these recipes, readers see how healthy cooking connected Singla's family through many generations and disparate cultural heritages. More than the next great Indian cookbook, this is the next great American cookbook &#151; sure to become a staple of every family's collection.

## Book Information

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## Customer Reviews

Okay-- it's no secret that I think Anupy is a genius. Her slow cooker book changed my life, and I admit to owning both of the others and pre-ordering this one because I just knew it would be pretty to look at, interesting, and comprehensive. She does not disappoint. First of all, the book is PRETTY. It's hardcover, the pictures are lovely, and it looks good on my shelf. But inside, there's

lots more fun. One of the things I bemoan as an Indian looking for new recipes to cook is that there isn't a lot of "home cooking" recipes out there. All of Anupy's recipes seem accessible to the home cook, and what's more she makes all sorts of helpful suggestions in italics for a busy home cook. I made the mattri's (the spiced crackers) for an appetizer party last weekend, and they disappeared off the tray. As suggested in the sideline, I baked and did not fry them (used a silpat underneath) and they were crispy, flaky goodness. And my girlfriend who eats no white flour is banging on my door for the recipe, which uses whole wheat flour and semolina. Now I have to say, I don't think I'll be making homemade samosas anytime soon, but there is a picture step-by-step on how to assemble and stuff them. And I love all the options for the recipes-- you can make this one meat free, that one dairy free, with a simple substitution. If you're looking for a new Indian cookbook, this is highly recommended. It's thoughtfully put together and the recipes are well tested, and there's a lot of variety to play with. Go forth and experiment!

This arrived in the mail today, and boy am I excited! I turned to a random vegetable page and came across the Palak Aloo (potatoes with spinach), grabbed the requisite ingredients and started cooking it right up. It was savory and flavorful. The instructions were clear and thorough, and each recipe has a list of "tools" you'll need as well. This book typesetting is really well laid out too. There's lots of whitespace which helps me remember what section of the page I was on without having to dig through many paragraphs of tight text to find where I was, and it also leaves plenty of room for writing notes in the margin. The photos are beautiful too. This book and its hardcover just took a prominent space on my shelf next to some of the more beautiful books like *Kansha*, a Japanese book with the same level of beauty and layout. Most of the recipes are vegan at the outset or easily veganizable. Definitely recommended for anyone who wants to get into some delicious, easy, everyday Indian cooking.

Like most Americans (I'm guessing), the majority of Indian food I've eaten has come from restaurants. While delicious, it's full of fattening creams and oils -- I never really considered Indian cuisine "healthy." This book proved me wrong. According to the author, traditional Indian cooking doesn't use these heavy oils and creams. In fact, most Indian dishes are vegan, vegetarian, and/or gluten-free without even trying! I'm not a hardcore veggie, but I do try to limit my meat intake. But that's the thing about this book---you don't have to *\*try\** to eat healthy. The recipes in this book *\*are\** healthy. Period. (Okay, maybe not the recipes in the "street food" section.) And so flavorful. My husband tried the Tandoori Chicken on the grill (I told you I'm not a hardcore veggie!), and it was

UNBELIEVABLY GOOD. So juicy and just the right amount of spice. Speaking of spice: I don't know much about Indian spices. But it's laid out really clearly in this book. A word of advice: Find a local Indian grocer to buy your spices from. You can buy them in bulk and it saves you a lot of money. One last thing? It's gorgeous. Basically a coffee table book.

I have fond memories of going to a huge Indian festival in Texas (of all places!), and just enjoying the culture and food--especially the food! Real curries, kabobs and the most incredible desserts have long remained a delicious memory for me. I was delighted to receive this book to recreate some amazing Indian food for myself and my family. This beautiful book is well laid out in a very thoughtful manner. You start with 'Tools of the Trade', letting you know what tools are necessary for recipes in this book. From there you move to 'Indian Spices and Herbs', a sort of glossary of the different spices used. 'The Fridge and Pantry' come next, and then you move right into the recipes. Instead of trying to buy pre-mixed versions of spices such as Tandoori or Garam Masala, why not make your own? Multiple spice mixes are laid out here before moving on to Chutneys and more. I love that you won't find a store-bought curry powder in any of these recipes. Instead, you have a delightful, mix of authentic Indian spices. The author leans vegan, so there is tofu recipes scattered throughout, but meat dishes are included as well. On the other side, if you're vegetarian or vegan, there are often substitutes listed to make the dish available to you as well. My daughters love Naan (bread), so they were delighted to see the recipe included here. I foresee a baking day with all of us in the kitchen trying our hand at this luscious Indian bread. This is a lovely, high-quality book that is wonderful to cook from, but is equally at home on the coffee table available for browsing at any time. A delight to cook from, I highly recommend this cookbook! I received a copy of this book from Agate Publishing for my honest review. All thoughts and opinions are my own.

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