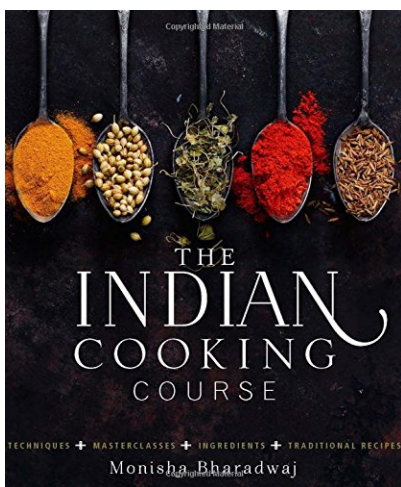


[PDF] The Indian Cooking Course: Techniques - Masterclasses - Ingredients - 300 Recipes

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Description:

This comprehensive guide to Indian cooking explores the myriad regional varieties of authentic, healthy, and exotic Indian recipes. With chapters broken down into Rice, Breads, Meat, etc., Monisha covers a varied range of dishes, with techniques and step-by-step masterclasses to help you recreate more than 450 classic and popular recipes.

Monisha encompasses the entire range of Indian cooking and offers a vivid insight into India's colorful traditions, from the earthy lentil dishes distinguishable in the North to

the coconut-based curries that are a staple in the South. This is a course in home cooking, based on principles of good health, and touching on the values of Ayurveda, which provides a context to your cooking; from taste and appearance to history and culture. *The Indian Cooking Course* is the ultimate guide to everything you ever wanted to know about Indian food.

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