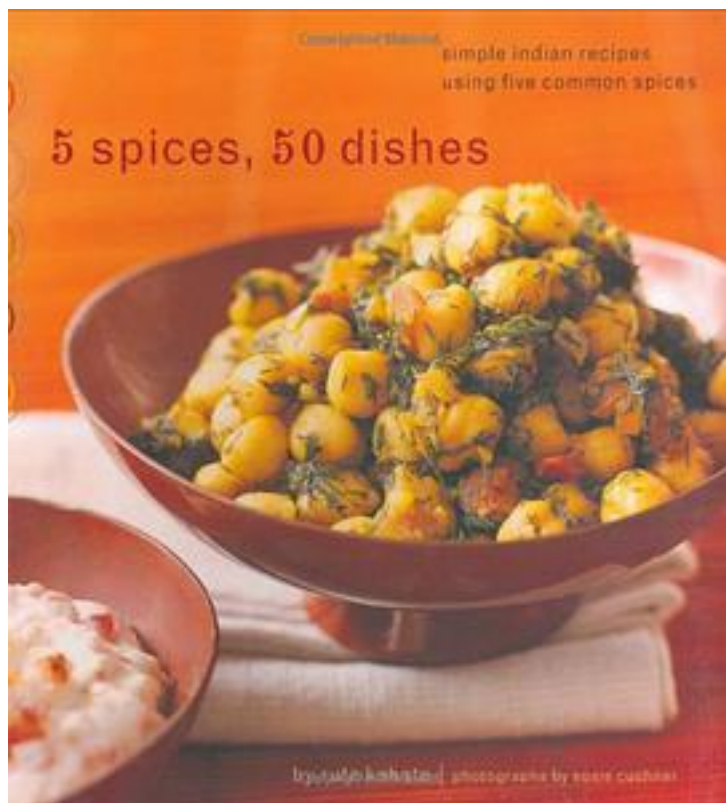


Five Spices, Fifty Dishes



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The premise is simple: using five common spices and a few easily available ingredients, you can make fifty superb, well-balanced Indian dishes. The spices are carefully chosen for their aromatic properties and versatility. While the ingredients and steps are simple, you'll find the results are anything but that. And you don't need to go on an endless search for unusual spices or foods like fenugreek or jaggery. These recipes are authentic Indian without all the fuss. These are the versatile spices: coriander seed, cumin seed, mustard seed, ground cayenne pepper, and ground turmeric. Although

you'll be using combinations of the same spices, every dish will have a unique flavor. The Steamed Cauliflower with a Spicy Tomato Sauce and Curried Mushrooms and Peas share the same three spices, yet each tastes completely different. In addition to the 50 recipes are bonus recipes for desserts and a variety of chais to round out your meal. Plus, the author has provided more than a dozen suggested menus so you can easily put together a harmoniously flavoured meal.

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