

Six Spices



SIX SPICES

A SIMPLE Concept of INDIAN Cooking

N E E T A S A L U J A

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著者:Saluja, Neeta

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Selected for the cookbook section of "The New York Times Book Review" Summer Reading issue Featuring authentic recipes and introducing the use of fundamental spices, this recipe collection guides cooks of all levels of expertise in the preparation of healthy, delicious Indian meals. The recipes selected use no more than six spices to create tasty, satisfying, and authentic dishes and introduce a simpler way to prepare Indian food. Each chapter focuses on a different cooking technique, offering insight

into foods that at times can seem daunting for the novice cook. This recipe collection has been tasted and tested through more than 20 years of the author's teaching experience and Indian cooking expertise.

作者介绍:

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