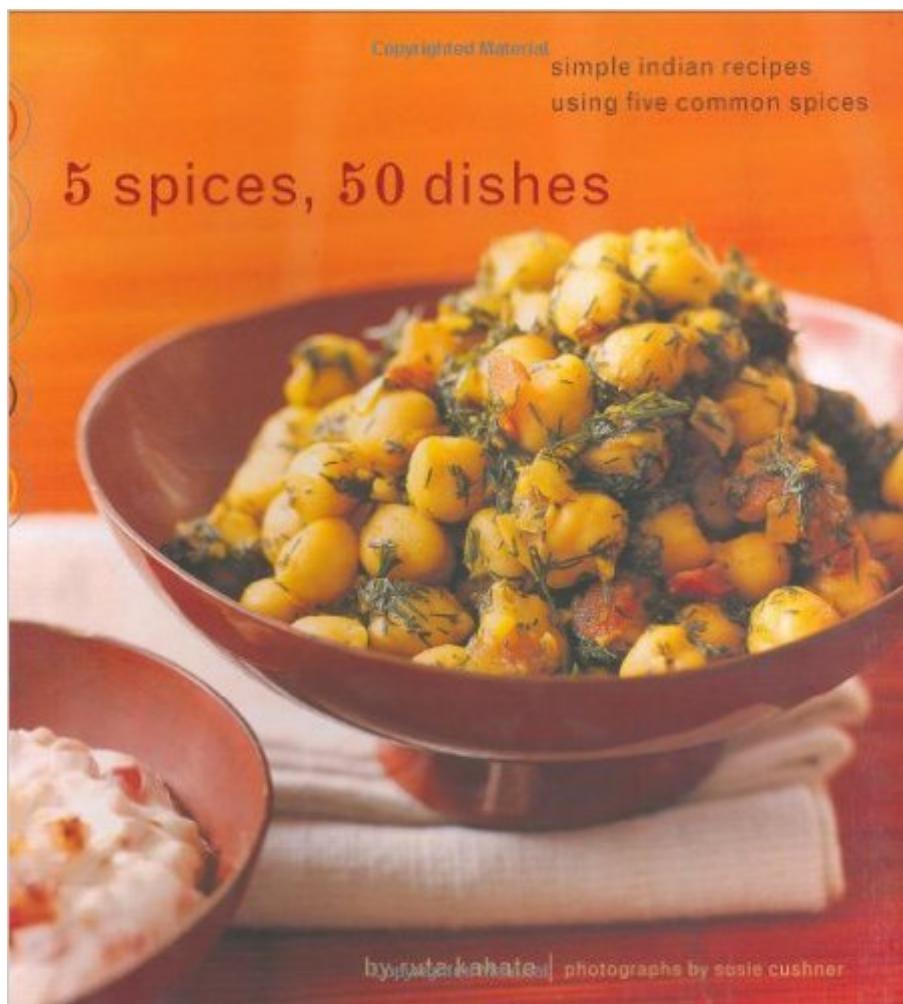


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# 5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices



## Synopsis

The premise is simple: with five common spices and a few basic ingredients, home cooks can create fifty mouthwatering Indian dishes, as diverse as they are delicious. Cooking teacher Ruta Kahate has chosen easy-to-find spicescoriander, cumin, mustard, cayenne pepper, and turmericto create authentic, accessible Indian dishes everyone will love. Roasted Lamb with Burnt Onions uses just two spices and three steps resulting in a meltingly tender roast. Steamed Cauliflower with a Spicy TomatoSauce and Curried Mushrooms and Peas share the same three spices, but each tastes completely different. Suggested menus offer inspiration for entire Indian dinners. For quick and easy Indian meals, keep it simple with 5 Spices, 50 Dishes.

## Book Information

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## Customer Reviews

I love Indian food and I often have it for lunch at a nearbyrestaurant. My wife has been disappointed in the dishes sheordered in restaurants over the years. I bought this book basedon the reviews and I haven't been disappointed. I found the bookvery clear in its description of the recipes. The photographswere helpful in selecting the next dish to make. I'm extremelygrateful to the author for demystifying the spices and techniquesused in Indian cooking.Tonight I made "new bride chicken curry" and it was a great success.My wife and I both loved it. The house still smells of thewonderful aroma. And she's taking leftovers for lunch tomorrow.It may be helpful for others to know that I was able to find anoutfit on the web that sells the spices mentioned in the book:"The Spice House." I was happy with the quality of the spicesand the professional transaction.Update: I've now been using

this book for a while and have a bitmore experience with the recipes in it. I can say that this is myfavorite cook book so far. Today I made the "Everyday Yellow Dal"and it was just heavenly. I suppose you have to appreciate Indianfood and its spices to enjoy this dish this fully. But I was tickledas much as one can be.I also made "baked fish in a spice broth" with halibut and wasextremely pleased.A couple of comments regarding the "indian brown beef stew" recipe.If you make it in a pressure cooker, cooking time should take altitudeinto consideration (ie. increase cooking time by 5 percent for every 1000feet in altitude). I live near Denver and I need to follow this rule.

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