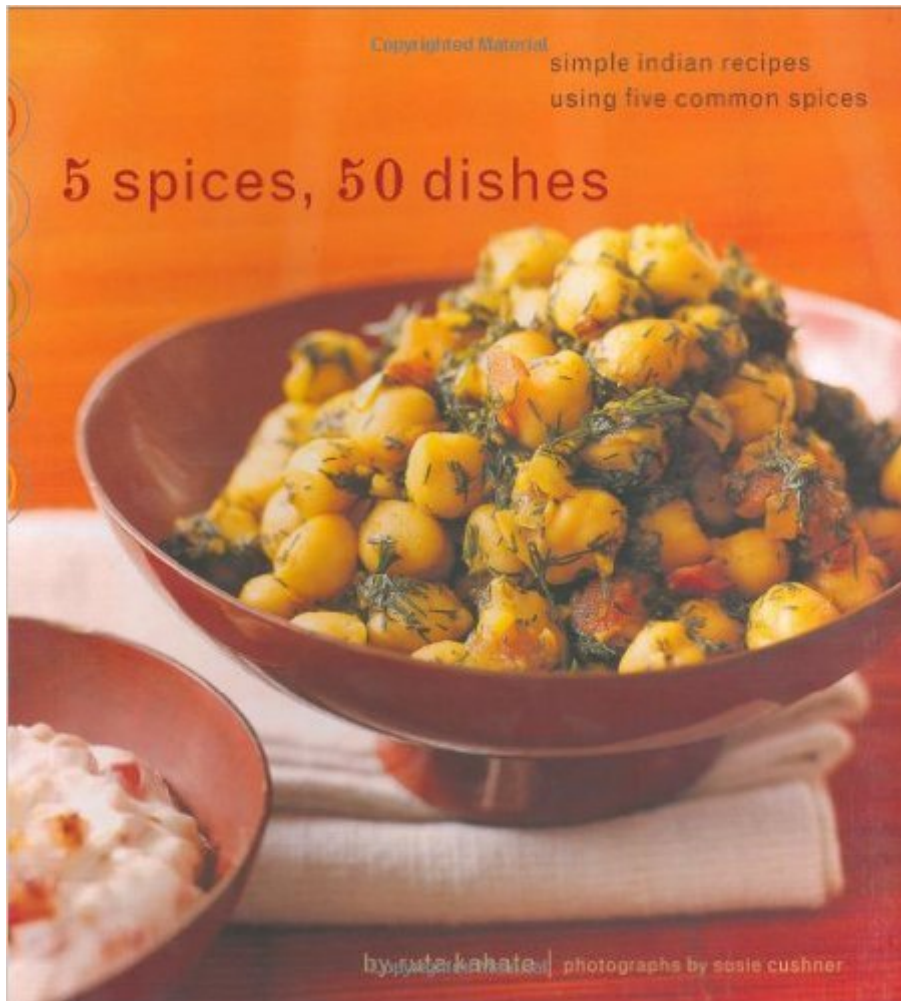


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# 5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices



## 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 spices coriander, cumin, mustard, cayenne pepper, and turmeric to 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 Tomato Sauce 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 nearby restaurant. My wife has been disappointed in the dishes she ordered in restaurants over the years. I bought this book based on the reviews and I haven't been disappointed. I found the book very clear in its description of the recipes. The photographs were helpful in selecting the next dish to make. I'm extremely grateful to the author for demystifying the spices and techniques used 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 the wonderful aroma. And she's taking leftovers for lunch tomorrow. It may be helpful for others to know that I was able to find an outfit on the web that sells the spices mentioned in the book: "The Spice House." I was happy with the quality of the spices and the professional transaction. Update: I've now been using

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

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