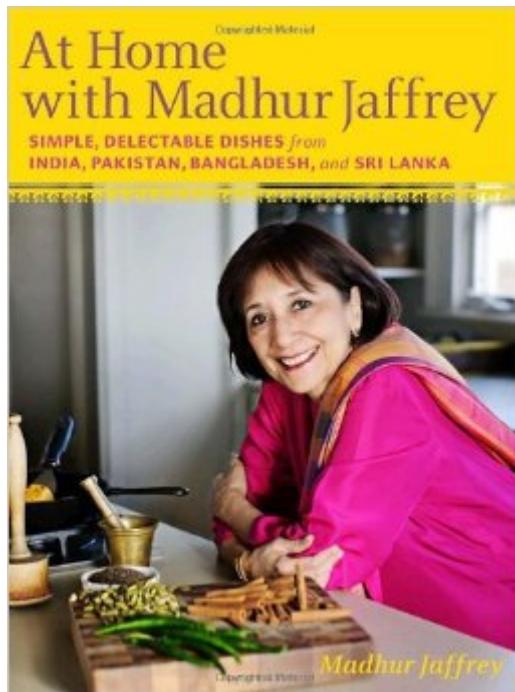


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At Home With Madhur Jaffrey: Simple, Delectable Dishes From India, Pakistan, Bangladesh, And Sri Lanka



Synopsis

For all who love the magical flavors of good Indian cooking and want to reproduce effortlessly some of the delectable dishes from that part of the world, here is a groundbreaking book from the incomparable Madhur Jaffrey that makes it possible. By deconstructing age-old techniques and reducing the number of steps in a recipe, as well as helping us to understand the nature of each spice and seasoning, she enables us to make seemingly exotic Indian dishes part of our everyday cooking. First, she tantalizes us with bite-size delights to snack on with drinks or tea. A silky soup is mellowed with coconut milk; a spinach-and-ginger soup is perfumed with cloves. Fish and seafood are transformed by simple rubs and sauces and new ways of cooking. A lover of eggs and chicken dishes, Jaffrey offers fresh and easy ways to cook them, including her favorite masala omelet and simple poached eggs over vegetables. There's chicken from western Goa cooked in garlic, onion, and a splash of vinegar; from Bombay, it's with apricots; from Delhi, it's stewed with spinach and cardamom; from eastern India, it has yogurt and cinnamon; and from the south, mustard, curry leaves, and coconut. There is a wide range of dishes for lamb, pork, and beef with important tips on what cuts to use for curries, kebabs, and braises. There are vegetable dishes, in a tempting array "from everyday carrots and greens in new dress to intriguing ways with eggplant and okra" served center stage for vegetarians or as accompaniments. At the heart of so many Indian meals are the dals, rice, and grains, as well as the little salads, chutneys, and pickles that add sparkle, and Jaffrey opens up a new world of these simple pleasures. Throughout, Madhur Jaffrey's knowledge of and love of these foods is contagious. Here are the dishes she grew up on in India and then shared with her own family and friends in America. And now that she has made them so accessible to us, we can incorporate them confidently into our own kitchen, and enjoy the spice and variety and health-giving properties of this delectable cuisine.

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Customer Reviews

I love Indian food, but I have always been intimidated by complicated recipes and lengthy lists of obscure ingredients. Thanks to this book, I have finally learned how to satisfy my cravings for Indian food without ordering expensive delivery. This book makes Indian cooking simple and accessible for people who have never done it -- and the recipes are delicious. The results are just as flavorful as the food you order in Indian restaurants. The author is very realistic about how people actually cook. She knows that ordinary people cannot spend hours working on one meal, and they won't buy 20 obscure ingredients just for one recipe. You can make most of these recipes with a handful of Indian spices plus ingredients that you already have in your kitchen, and you will use the Indian spices again as you try other recipes in the book. After you make an initial investment in Jaffrey's favorite spices, you only have to buy fresh meat and vegetables when you want to cook. Jaffrey doesn't assume any prior knowledge, making this a great book for beginners. She patiently explains every Indian ingredient (there is a glossary in the back), gives you advice on what to buy at the grocery store, and offers many useful tips and tricks for Indian cooking. She also suggests substitutes for ingredients that might be hard to find. I know a lot of people find Indian cooking intimidating like I did, but you truly can't fail with this book.

I bought the Kindle edition of Madhur Jaffrey's new book and am more than pleased with it. I have used Ms. Jaffrey's Indian and Asian cookbooks for many years and love her recipes and techniques. This new one is a nice addition to my library as it contains simplified versions of some great Indian classics as well as regional Indian specialities that are new to me and will help be get a good Indian meal on the table in less time but with as much taste. I'd like to say a few words specifically about the Kindle edition, which is what I purchased. I'm very pleased with amount of thought that the publisher put into making this a very useful e-cookbook. I have had to return two different e-cookbooks recently because they had minimal or no formatting, which made them useless as reference tools. The publisher of Ms. Jaffrey's book, however, went to the trouble of effectively formatting the index and lists of recipes and ensuring that there were internal links within the different recipes for other recipes related to the one I was looking at at the time. This is really

important in a e-cookbook -- that one can jump back and forth between index and recipes as well as between recipes themselves for a seamless experience. So, kudos to the publisher for doing much more than just scanning the book and throwing it out there for unsuspecting Kindle owners. Update as of January 5 -- I finally cooked from this cookbook and it has lived up to my expectations. I made her Kerala Fish Curry and with her simplified techniques in this book and use of the American pantry, the dish was fast, easy, and very fresh and tasty. I was able to get an exotic home-cooked dinner on the table after work tonight in just 30 minutes. My husband was very impressed.

I have all of Ms. Jaffrey's books and many other similar cookbooks. This is a breath of fresh air. There are always writings about "curries". Even lists of ingredients. There are NEVER NEVER EVER writings about how these curries are developed for fish, poultry or vegetables. One book lists 50, 100 spices, yet offers no advice on how they might be combined for various foods. THIS book actually talks about fish and several spices, meat and several spices, vegetables and appropriate spices - both as marinades and spices to add during cooking. Finally there seems to be some sense about this. Not complete, but a start. Please Ms. Jaffrey, write a book on how these spices are combined and designed for various purposes. This is the first book that lets the light glimmer out from under the bushel basket. Thank you. Buy it.

This book is just wonderful. I am a huge fan of Indian cuisine but always find myself disappointed with a lot of the restaurant options in my city. However I am really not a very good cook and I have often found a lot of traditional Indian recipes overwhelming or just a bit above my skill level. Madhur has absolutely changed all of that for me. This book is just so easy to read, and the recipes are incredibly easy to cook and absolutely bursting with flavor. You can go to a South Asian grocer and acquire all the requisite spices so easily and cheaply these days, and then just flip through and make many dishes with whatever produce and proteins you have that day. The book is worth it for the many delicious chutneys and yogurts alone which are so easy to prepare. I also really appreciated the way that the book is laid out, and Madhur's suggestions for various chutneys, vegetables, rices and Dals to serve each meal with - in a couple hours you can easily put together a seriously wonderful feast. The book focuses on food you can eat every day with recipes that are healthy, inexpensive, and substantial. In just two weeks of owning the book I have already made over a dozen dishes. Do yourself a favor - instead of going out for another bland tikka masala at a restaurant, buy this book, hit up your grocer, and whip up a delicious meal yourself.

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