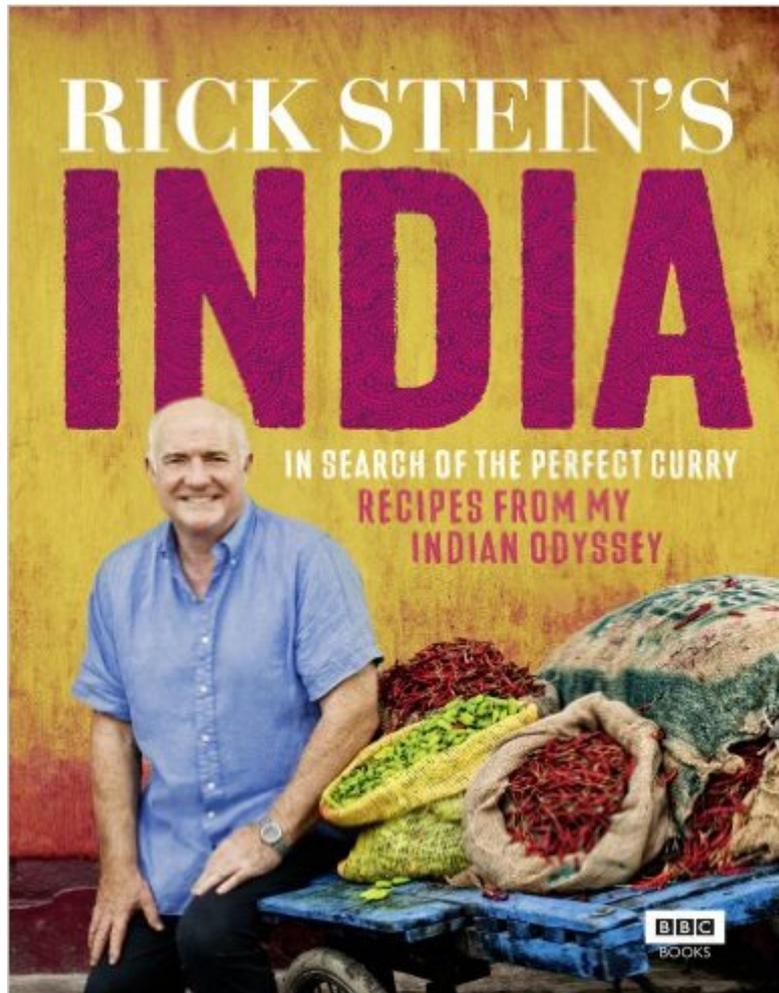


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Rick Stein's India: In Search Of The Perfect Curry: Recipes From My Indian Odyssey



Synopsis

In search of the perfect curry—the very best recipes that India has to offer—Whenever I hear the word curry, I'm filled with a longing for spicy hot food with the fragrance of cumin, cloves and cinnamon. I see deep red colours from lots of Kashmiri chillis, tinged with a suggestion of yellow from turmeric. I think of the tandoor oven, and slightly scorched naan shining with ghee and garlic. When Indians talk of their food, they talk about their life. To understand this country, you need to understand curry. What makes a good curry? Sensual spicy aromas or thick, creamy sauces? Rich, dark dals or crispy fried street snacks? Rick journeys through India to find the answer, searching this colorful, chaotic nation in search of the truths behind—the world's—love affair with its food. Chefs, home cooks, and street vendors hold the key to unlocking the secrets of these complex and diverse flavors, and Rick's travels take him to the heart of both their long-held traditions and most modern techniques. He uncovers recipes for fragrant kormas, delicate spiced fish, and slow-cooked biryanis, all the while gathering ideas and inspiration for his own take on that elusive dish—the perfect curry. Includes metric measures.

Book Information

Hardcover: 320 pages

Publisher: BBC Books (May 1, 2014)

Language: English

ISBN-10: 1849905789

ISBN-13: 978-1849905787

Product Dimensions: 7.8 x 1.2 x 9.9 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars— See all reviews— (38 customer reviews)

Best Sellers Rank: #313,178 in Books (See Top 100 in Books) #104 in Books > Cookbooks, Food & Wine > Asian Cooking > Indian #864 in Books > Reference > Writing, Research & Publishing Guides > Writing > Travel #3558 in Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

I got this book (Kindle edition) after watching the BBC series -- which I highly recommend (though it seems to be available only on YouTube in sub-optimal quality in the US). The series is wonderful, because Rick Stein clearly loves and appreciates India's food and culture. Since I bought the book, I have made several of the recipes, and they are excellent. I travel to India regularly, and based on

that, I find the recipes are authentic and cover the breadth of India's cuisine well. A few tips, particularly for U.S. customers. The recipes are in metric, so you will need to find or acquire metric measuring cups and spoons. Some ingredients cannot be bought at your average supermarket. If you have a local Indian grocery, you can get most of the staples -- such as spices, ghee, and garlic/ginger paste -- on an initial trip, then you will not have to supplement too often. In the San Francisco bay area finding a grocery store was not a problem. I have never found whole Kashmiri chiles, but cayenne is a good substitute, though perhaps a bit too hot. I highly recommend getting whole spices and using a spice grinder to grind them fresh each time. I bought a Cuisinart spice grinder that is great, and not expensive. You can use a coffee grinder in a pinch. But do try this, because it is well worth it, and not expensive or difficult to do. The book is heavy on seafood, and this should not be a surprise, because that is Stein's specialty. But I am not the world's biggest seafood fan, so my favorites so far are the Chicken Korma and the Saag Paneer. (The Calcutta Egg Curry is also very good.) The Chicken Korma is probably the best recipe I have ever made at home. The Saag Paneer is now one of my staple recipes; it is quick and easy to make, and delicious.

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