



Wonderful World of Indian Cookery, The

Rohini Singh

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An explosion of flavors in a unique range of recipes reflects the variety of Indian regional cookery. Taking the best foods from the different cultures of her country, Rohini Singh has updated the traditional Indian ways of cooking. Modern, labor-saving methods allow the best of these exotic dishes to be made by all cooks. The novice to the busy experienced cook will find much of interest.

Well-known foods such as curry, tandoori, and chutney are represented. Also a variety of recipes that are hardly ever found outside of India. These recipes represent the influences of the Muslim, Persian, Zoroastrian, and Portuguese legacy left on various regions of this country. The famous fish dishes of the Bengal; the sweet dishes of the Gujarat; and the hot spices and coconut flavors of Portuguese-influenced Goan food are included. Each chapter is devoted to the main staples common to the many ethnic cuisines, showing how the cooking of breads, rice, meats, vegetables, and pulses differs from area to area.

Each chapter contains information on various processes, methods of cooking, and general tips. This is to make the experience of Indian food exciting, imaginative, and, above all, possible for all types of cooks in all types of kitchens. Rohini Singh aims to make food simple yet effective, not allowing taste to be lost in making "recipes that can be cooked today, without rushing to the shops first."

Rohini Singh has written several other cookbooks for adults and children aimed at making the whole range of Indian foods easy to do. While lecturing on various aspects of cookery, she has also seen her recipes published internationally. In her native India she writes a newspaper column and is producing a television cookery program, the first of its kind in India, on the main channel, Doordarshan.

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