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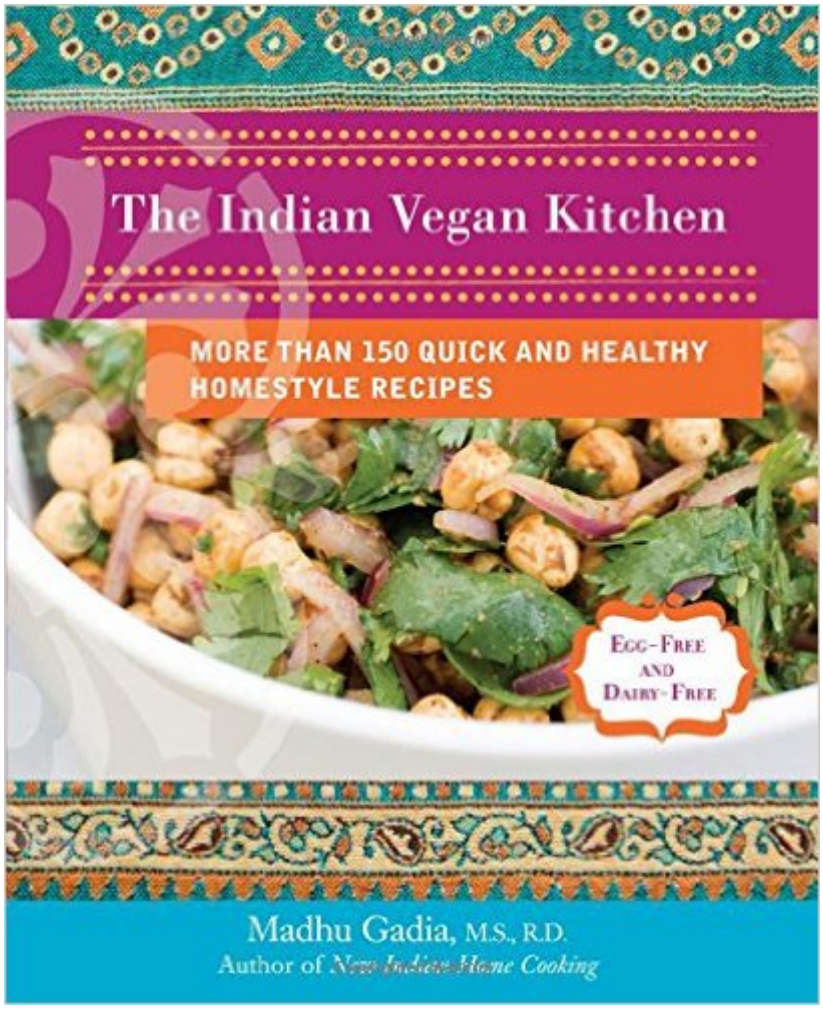
The Indian Vegan Kitchen: More Than 150 Quick And Healthy Homestyle Recipes



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Synopsis

The author of New Indian Home Cooking presents a fresh take on Indian recipes for vegans, vegetarians, and anyone who loves Southeast Asian cuisine. Renowned nutritionist and cooking instructor Madhu Gadia delivers a wonderful new recipe collection that is perfect for vegans looking for fresh ideas, as well as anyone who savors healthy, light recipes that don?t compromise on authenticity. Unlike most Indian vegetarian cookbooks, this unique collection avoids dairy and eggs, highlighting vegetables, and making use of soy products and other simple substitutions. It also offers nutritional analyses, as well as notes on serving, history, and variations.

Book Information

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Customer Reviews

Since I have Type 2 diabetes and have successfully reversed it by switching first to a lowfat vegetarian diet, and then to a lowfat vegan diet (with even better results), I was thrilled to find a vegan cookbook which highlights my absolute favorite cuisine, the cuisine of India. As I began to read, learn, and cook from the Indian Vegan Kitchen, I realized that I had finally found someone who could explain Indian cooking techniques, ingredients, and recipes in a way that made sense to me as an American. It is clear to me that Madhu Gadia understands the kind of necessary background information and instructions that an ordinary American like me needs in order to transform her own kitchen into a palace of Indian delights. I have made quite a few recipes from the Indian Vegan Kitchen, all with their own distinctive flavors, and all successfully delicious! So far I have made a Kidney Bean dish, Carrots and Turnips, Black-eyed Peas and Potatoes, Zucchini, and Black Gram

and Bengal Gram Dahl. I follow her recipes exactly, but have adjusted the ingredients to meet my health needs. Namely, I have reduced the amount of oil and salt. I also reduced the amount of cayenne pepper, since we like spicy, but not really hot food. That said, the recipes themselves have resulted in some very healthy and enjoyable eating at my house, and I can't wait to try the rest of the recipes in this cookbook. Madhu Gadia has included very helpful information on Indian spices, as well as the dals (beans and pulses) used in Indian cooking. She explains the basic techniques of Indian cooking, too. AND she has a website, [...], from which she is able to answer any questions you might have about her recipes or about Indian cooking.

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