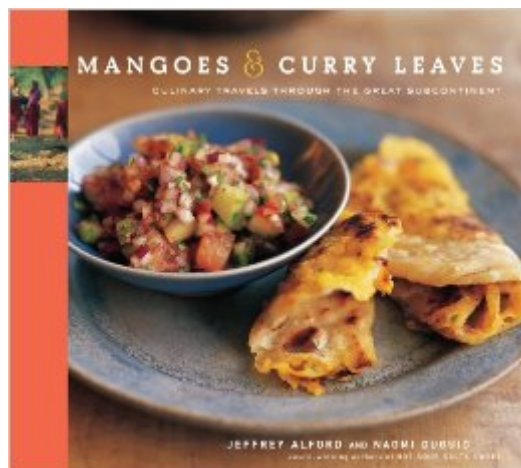


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# Mangoes & Curry Leaves



## Synopsis

For this companion volume to the award-winning *Hot Sour Salty Sweet*, Jeffrey Alford and Naomi Duguid travel west from Southeast Asia to that vast landmass the colonial British called the Indian Subcontinent. It includes not just India, but extends north to Pakistan, Bangladesh, and Nepal and as far south as Sri Lanka, the island nation so devastated by the recent tsunami. For people who love food and cooking, this vast region is a source of infinite variety and eye-opening flavors. Home cooks discover the Tibetan-influenced food of Nepal, the Southeast Asian tastes of Sri Lanka, the central Asian grilled meats and clay-oven breads of the northwest frontier, the vegetarian cooking of the Hindus of southern India and of the Jain people of Gujarat. It was just twenty years ago that cooks began to understand the relationships between the multifaceted cuisines of the Mediterranean; now we can begin to do the same with the foods of the Subcontinent.

## Book Information

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## Customer Reviews

One of the joys, perhaps even a requirement of a good cookbook is for it to give you more than an endless list of recipes. It should teach you something about the country or region of the origin of the recipes. It might give you some ideas about the culture, the history, the whys and wherefores of the spices, perhaps the religious aspects. And in this area these authors excel. As the sub-title says, this book is about their travels throughout the Indian sub-continent. It shows something of the people, the way they live, the equipment they use to prepare the foods being cooked. Then there are the recipes: There are nine recipes for rice alone, one of the staples of my diet. I had shrimp with rice last night. But now I find myself looking at the beautiful color photograph of the Chile Shrimp

Stir-Fry on page 216. It also has curry, cinnamon, lime juice, and more. Any reason you can think of for not having shrimp two days in a row? Well, one reason might be the pork curry in aromatic broth from page 279. And to go with either one of these, cucumber salad with hot spiced mustard dressing from pages 61 & 62. Banana-Pepper Rounds which seem to have a crisp caramelized skin over the cooked banana. Maybe serve this over ice cream for a combination of flavor and temperature. Well, I'm stopping this writing and starting on a list to take to the supermarket. Thankfully they've made suggestions on alternates for some of the spices that I am unlikely to find in the small Nevada town in which I live. Very well done guys!

I cannot imagine anyone writing anything negative about this book...my family and I come from Bangladesh and India and I have tons of Pakistani friends. The depth that the authors have gone into understanding ingredients and the cooking is remarkable. I cannot imagine how they came to know some of those details. Like my neighbor in PA who had written a negative review, I have also Jaffrey's books which I love but Alford and Duguid got into the very essence of real home cooking of the subcontinent. Other authors sometimes focus on party foods while this book advises the readers on what people really eat on a daily basis. The other travel advice is interesting and the photographs gorgeous although I understand the concerns of the Bethlehem, PA reviewer of pictures that are hard to interpret. Just let it go. They still do an even better job with this book than Hot Sour Salty Sweet. The book is great. I'm glad it offers it for a lower price than bookstores.

I agree that this is a great 'coffee table' type book and that the authors have done some immaculate research into some of the lesser well known cuisines of the subcontinent and have lovely pictures to document their travels. What I didn't care for are the 'Westernizing' of the names of the dishes. For example, Gulab Jamun (which is a pretty well-known dessert to most Indian food fans) becomes something like Cottage cheese soaked in syrup. As an Indian, I also found a lot of the dishes very underspiced. I know that with Indian food, it really is a matter of taste, but I often found myself adding up to 3 times the amount of spices called for in a recipe. Because it's so bulky, I often find myself turning to my other Indian cookbooks which are easier to keep near me as I cook in the kitchen.

This book is a foodie's ideal coffee table book. It is a large book, filled with beautiful photos, information on the culture of the various regions of India, and delightful recipes. This book is wonderful to look at, and a pleasure to read. You will find yourself going back to this book to browse

through, as it is very well written. I found the quality of photos in this book to rival any photos out of an art book. I can hardly describe the high quality photographs that were taken for this book. Scenic photos of the land, people, and wonderfully presented food are found all over this book. These aren't your standard cookbook photos, they are wonderful. Cookbooks that take the time to describe the culture give so much more insight into the book than books that do not share this info. You can learn so much by understanding the culture, why ingredients are used, and their historical importance. Knowing the whys and hows behind what makes a dish unique to a particular region aides in understanding more about India. I am continually amazed at the similarities of ingredients in American cooking, and Indian cooking, but the results are completely different. I liked the variety of recipes included in this book. While it would never be my personal primary source for Indian recipes, I like the added touches in this cookbook. I liked the descriptions of the ingredients and I thought it was a nice touch to offer suggestions for ingredients you may not be able to find readily at your local grocery store. This book was a pleasure to find. This book is a wonderful coffee table book, high quality photos, excellent writing, and recipes are quite good. You can tell that much thought was put into this book, unlike other coffee table books. The book is well written, easy to read, and filled with many interesting facts. I would recommend this book to all foodies, looking to learn more about Indian food and culture.

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