

Read Book Vegan Richas
Indian Kitchen Traditional And
Creative Recipes For The Home

Vegan Richas Indian

*Kitchen Traditional And
Creative Recipes For The
Home Cook*

Curry is Salmon with Garlic and

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Cook
Turmeric. Curry is Grilled Chicken with
Cashew-Tomato Sauce. Curry is
Asparagus with Tomato and Crumbled
Paneer. Curry is Lamb with Yellow Split
Peas, Chunky Potatoes with Spinach,
Tamarind Shrimp with Coconut Milk,
Baby Back Ribs with a Sweet-Sour Glaze
and Vinegar Sauce, Basmati Rice with

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Fragrant Curry Leaves. Curry is vivid flavors, seasonal ingredients, a kaleidoscope of spices and unexpected combinations. And 660 Curries is the gateway to the world of Indian cooking, demystifying one of the world's great cuisines. Presented by the IACP award-winning Cooking Teacher of the

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Year (2004), Raghavan Iyer, 660 Curries is a joyous food-lover's extravaganza. Mr. Iyer first grounds us in the building blocks of Indian flavors—the interplay of sour (like tomatoes or yogurt), salty, sweet, pungent (peppercorns, chiles), bitter, and the quality of unami (seeds, coconuts, and the like). Then, from this basic palette, he

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unveils an infinite art. There are appetizers—Spinach Fritters, Lentil Dumplings in a Buttermilk Coconut Sauce—and main courses—Chicken with Lemongrass and Kaffir-Lime Leaves, Lamb Loin Chops with an Apricot Sauce. Cheese dishes—Pan-Fried Cheese with Cauliflower and Cilantro; bean

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dishes—Lentil Stew with Cumin and Cayenne. And hundreds of vegetable dishes—Sweet Corn with Cumin and Chiles, Chunky Potatoes with Golden Raisins, Baby Eggplant Stuffed with Cashew Nuts and Spices. There are traditional, regional curries from around the subcontinent and contemporary

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curries. Plus all the extras: biryanis, breads, rice dishes, raitas, spice pastes and blends, and rubs. curry, n.—any dish that consists of either meat, fish, poultry, legumes, vegetables, or fruits, simmered in or covered with a sauce, gravy, or other liquid that is redolent with any number of freshly ground and very fragrant spices

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and/or herbs.

Vegan Richa's Indian Kitchen Traditional
and Creative Recipes for the Home
Cook Vegan Heritage Press

Contains more than two hundred recipes
for soups, salads, main dishes, side dishes,
snacks, noodle and rice dishes, desserts,
and drinks.

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The “queen of Indian cooking” (Saveur) and seven-time James Beard Award-winning author shares the delectable, healthful, vegetable- and grain-based foods enjoyed around the Indian subcontinent. “The world’s best-known ambassador of Indian cuisine travels the subcontinent to showcase the vast

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diversity of vegetarian dishes. Best of all: She makes them doable for the Western cook." —The Washington Post Vegetarian cooking is a way of life for more than 300 million Indians. Jaffrey travels from north to south, and from the Arabian Sea to the Bay of Bengal, collecting recipes for the very tastiest dishes along the way. She

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Cook
visits the homes and businesses of shopkeepers, writers, designers, farmers, doctors, weavers, and more, gathering their stories and uncovering the secrets of their most delicious family specialties. From a sweet, sour, hot, salty Kodava Mushroom Curry with Coconut originating in the forested regions of

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South Karnataka to simple, crisp Okra Fries dusted with chili powder, turmeric, and chickpea flour; and from Stir-Fried Spinach, Andhra Style (with ginger, coriander, and cumin) to the mung bean pancakes she snacks on at a roadside stand, here Jaffrey brings together the very best of vegetable-centric Indian

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cuisine and explains how home cooks can easily replicate these dishes—and many more for beans, grains, and breads—in their own kitchens. With more than two hundred recipes, beautifully illustrated throughout, and including personal photographs from Jaffrey's own travels, *Vegetarian India* is a kitchen essential for

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vegetable enthusiasts and home cooks everywhere.

The Essential Vegan Indian Cookbook
Prashad Cookbook

100 Home-Style Classics and Restaurant
Favorites

More Than 100 Easy, Delicious Vegan
Dinners on a Budget: A Cookbook

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East Meets Vegan
Cook
Everyday Vegan Eats
Minimalist Baker's Everyday Cooking
Flavors of India

The Ayurveda Vegan Kitchen offers
people the opportunity to follow an
Ayurvedic diet without the use

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animal products. Ayurveda is a holistic healing system developed in ancient India to increase an understanding of the human body, mind, and spirit. It organizes the elements of ether, air, fire, water, and earth into three body types, or

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doshas. Although each person is unique, one of these doshas will predominate their constitution and will need to be balanced on a regular basis. Dairy products are important foods in traditional Ayurveda; however, for every milk-based food

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that Ayurvedic healers revere, there is an equally effective whole-food, vegan alternative. Following the same nutritional principles as traditional Ayurveda, Talya created over 120 delicious recipes that provide healing flavors and harmony

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to the mind and spirit. Easy-to-follow symbols on each recipe page show how the unique chemistry of that recipe can be used to balance the body's constitution. Since a healthy digestive system is at the core of ayurvedic medicine, these

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recipes will keep you on track and in
good health.

Indian Cuisine for the Busy
Vegetarian is a practical and fun
guide to cooking quick and easy
Indian food. This book offers short-
cuts and time-saving tips to

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realistically fitting Indian cooking
into your busy lifestyle and is an
honest resource to having your curry
and eating it too!

Fifty authentic, traditional recipes
from all the regions of India include
Chicken and Cashew Curry from

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Bombay and Rogan Josh from
Kashmir, and come with
information on the basics of curry-
making. 15,000 first printing.
The author of New Indian Home
Cooking presents a fresh take on
Indian recipes for vegans,

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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

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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

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offers nutritional analyses, as well as
notes on serving, history, and
variations.

101 Entirely Plant-based, Mostly
Gluten-Free, Easy and Delicious
Recipes

The Best of Asian Home Cooking,

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Plant-Based and Delicious

Family Favorites from My Family to
Yours

Amazingly Easy, Wildly Delicious
Vegan Recipes for Every Day of the
Week

The Homemade Vegan Pantry

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Indian Kitchen: Secrets of Indian
home cooking

Over 60 recipes for home-cooked
Indian food

Healthy Indian Vegetarian Cooking
Recipes, tips, and
strategies for easy,

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delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30

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minutes or less? It's easy!

In *Isa Does It*, the beloved
cookbook author shares 150
new recipes to make
weeknight cooking a snap.

Mouthwatering recipes like
Sweet Potato Red Curry with
Rice and Purple Kale, Bistro

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Beet Burgers, and Summer
Seitan Saute with Cilantro
and Lime illustrate how
simple and satisfying meat-
free food can be. The
recipes are supermarket
friendly and respect how
busy most readers are. From

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skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

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More than 100 delicious,
easy, and colorful vegan
dinners on a budget from the
founder of the massive
social media platform
Cooking for Peanuts, with a
foreword by Jonathan Safran
Foer. Nisha Melvani

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appreciates that it's hard for many people to commit to being 100% vegan. But committing to one vegan meal a day—dinner—is much more feasible. For those trying to incorporate more vegan meals into your diet,

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Practically Vegan is your go-to weeknight dinner cookbook and the perfect entry to veganism. A registered dietitian nutritionist, Melvani offers solid, tested vegan recipes and a non-militant approach for those

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wanting to eat less meat.

Plant-based cooking will no longer feel intimidating with easy-to-find ingredients that you will use in the kitchen over and over again. Inspired by the flavors she was introduced

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to while growing up in
Jamaica, England, and
Canada, as well as her own
Indian heritage, Melvani
shares over 100 delicious
recipes, including Creamy
One-Pot Cheesy Broccoli
Pasta Soup, Cauliflower-

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Sweet Potato Curry, Sesame
Noodle Veggie Stir-Fry,
Mushroom Bourguignon, and
more, accompanied by a
foreword written by
bestselling author Jonathan
Safran Foer, who urged
Melvani to write this

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cookbook after feeding his family her recipes. With easy-to-follow directions and recipe substitutions as well as culinary tips and tricks, Practically Vegan will be the helping hand you need to prepare a vegan

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dinner for yourself or your family with confidence.

This groundbreaking cookbook and diet plan is for anyone who wants to take control of their weight and health through whole plant-based foods. Somer's 28-Day Diet

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Plan includes a foreword by Neal Barnard, M.D. and a (optional) bonus juice feast to kick start your weight loss and health journey. The plan includes over 100 delicious recipes (all gluten-free) and is

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customizable to suit individual tastes. Among the delicious, nutrient-packed recipes are:

- Cheesy-Smoky-Spicy Black Bean Soup
- Tropical Colada Green Smoothie
- Grilled Eggplant and Zucchini Lasagna

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Bananas Foster Pancakes•
Blueberry Peach Tart with
Apricot Crumble• Many
more...Somer, herself,
reversed severe Ulcerative
Colitis through a plant-
based diet, and many who
have tried her plan lost

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weight quickly and safely,
while feeling full and
eating an abundance of whole
plant-based foods. Part of
what makes this plan so
unique is that the author
has simplified the method so
readers don't have to count

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calories. With The Abundance Diet, readers can dramatically change their overall health, reduce their cholesterol, take control of their blood pressure, and shrink their waistline. In addition to the 28-Day Diet

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Plan and bonus juice feast,
an entire chapter is devoted
to fitness, helping the
reader to incorporate
exercise regardless of
fitness ability. Color
photos. References. Index.
Note: Four Meal Plan Menu

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charts were inadvertently omitted from the first printing of The Abundance Diet. You can download them from the author's and publisher's websites.

Spice up your life with over 200 authentic Caribbean

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recipes—veganized! Welcome to the Caribbean, home to an incredibly rich cooking tradition. Here, African, French, Asian, and Spanish influences combine with the local flavors of Barbados, Saint Lucia, Trinidad and

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Tobago, Jamaica, and more.

You'll discover: Sweet and
Savory Breakfasts: Cassava
Pancakes, Herbed Sada Roti
Traditional Mains: Jerk
"Sausages," Pelau,
Trinidadian Doubles
Smoothies and Nourishing

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Bowls: Bajan Booster Shake,
Papaya Chia Smoothie Bowl,
Caribbean Macro Bowl Modern
Delights: Rasta Pasta,
Plantain Wellington,
Caribbean Sushi Teas and
Sweet and Savory Treats:
Moringa Bread, Lemongrass

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Agave Tisane, Sweetened
Hibiscus Tea, Ginger-Kissed
Jam-Filled Beignets Plus
Drinks and Cocktails,
Desserts, and everything in
between! In this expanded,
full-color second edition of
Caribbean Vegan, Barbadian

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chef Taymer Mason shares 75
all-new recipes, including
Caribbean Sushi, Brule Jol
(avocado salad), and
Breadfruit Ravioli with
Calabaza Squash Filling.
Plus, she explains the key
kitchen skills she learned

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growing up: how to cut
breadfruit, make your own
cassava flour, choose a ripe
coconut, and more. The
islands await you . . .

300 International Recipes
for Savoring the Planet
Authentic and Appetizing

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Dishes from a Continent of
Rich Flavors

Finding Harmony Through Food

Indian Vegetarian Cooking

The Indian Vegan Kitchen

50 Healthy, Easy, Authentic
Recipes

Indian Cuisine for the Busy

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Vegetarian
A Journey Through the Best
of Indian Home Cooking: A
Cookbook

***Make Incredible Vegan Versions of
Your Favorite Asian Meals If you
crave vegan-friendly versions of***

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*classic Asian dishes, this will
become your new favorite
cookbook! Jeeca Uy, of the hit
Instagram account
@TheFoodieTakesFlight,
transforms traditional Southeast
and East Asian cuisine into*

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*spectacular vegan renditions that
are bursting with flavor. From
iconic Thai dishes to piping-hot
Japanese fare and everything in
between, Jeeca's recipes will take
your palate on a delicious food trip
across Asia that will keep you*

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*coming back for more. So, why
order takeout when you can easily
whip up a vegan version that is not
only healthier but can taste even
better? Find your favorites and
discover new ones with recipes
such as: Pad Thai Char Siu Tofu*

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Vietnamese Mushroom Pho

Singaporean Chili Tofu Chinese

Lettuce Wraps Yang Chow Fried

Rice Japanese Yakisoba Spicy Dan

Dan Noodles Satay Tofu Sticks

with Peanut Sauce Korean Bulgogi

Mushrooms Along with vibrant

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Cook

photographs, Jeeca has packed this book with tips and tricks to guide any cook, vegan or not, on how best to work with tofu, how to fold dumplings, how to make vegan versions of essential sauces and so much more. This cookbook will

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*quickly become your go-to guide
for simple yet delicious vegan
Asian recipes.*

*Vegan spice: India's vegetarian
tradition has been refined over
centuries; here are classic regional
recipes, beautifully photographed*

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throughout

*Eating fresh, locally-grown
vegetables each day is healthy for
you and the planet—and now, with
this Indian cookbook, vegetarian
meals don't have to be boring! This
new vegetarian Indian cookbook by*

Read Book **Vegan Richas**
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acclaimed author and caterer

*Shubhra Ramineni proves just how
fun cooking with vegetables can be.
It includes over 80 recipes showing
you how to prepare vegetables and
fruits the Indian way—with many
easy-to-make vegan and gluten-free*

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alternatives as well. When Ramineni became a mother, one of her top priorities was to ensure that healthy and delicious home-cooked vegetarian meals would be a central part of her daughter's childhood experience. Her mother

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is a nutritionist and skilled Indian cook, so with her help, Ramineni set about transforming the seemingly bland vegetarian diet into the fantastic array of great-tasting meals and snacks in this vegetarian cookbook. Indian cooks

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*have a centuries-old tradition of
crafting fresh vegetables into
tempting meals, since India is the
home of vegan and gluten-free
eating. Ancient Indian Vedic
practices have also resulted with
India claiming the world's most*

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extensive range of natural food flavorings—including many spices like turmeric, ginger, and cumin, which have proven health benefits. With a few of these Indian spices in your pantry, along with this cookbook, you can effortlessly whip

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up flavorful dishes, like: Split

Chickpea and Zucchini Stew

Coconut Vegetable Curry with Tofu

Tandoori Tofu Kebabs Vegetable

Pilaf And over 75 more, with vegan

and gluten-free modifications!

Your friends and family will be

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*amazed at what you can create
using vegetables!*

*Explore traditional Indian cooking
using vegan ingredients with this
volume of simple yet unforgettable
recipes by the author of Indian
Slow Cooker. Cookbook author*

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Anupy Singla shares the secret to preparing classic Indian dishes without using animal products. Vegan Indian Cooking features 140 recipes that use vegan alternatives to rich cream, butter, and meat. The result is a terrific

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*addition to the culinary resources
of any cook interested in either
vegan or Indian cuisine. Singla—a
mother of two, Indian emigre, and
former TV news journalist—has a
passion for easy, authentic Indian
food. She shares recipes handed*

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*down from her mother as well as
many she developed
herself—including fusion recipes
that pull together diverse traditions
from across the Indian
subcontinent. After launching her
Indian As Apple Pie line of spices,*

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Singla builds on her culinary expertise with flavorful recipes that make vegan Indian cooking accessible to even the most hurried home chef.

140 Simple and Healthy Vegan Recipes

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*Wholesome, Indulgent Plant-Based
Recipes*

Saffron Soul

*The Best Dishes from Thailand,
Japan, China and More Made
Simple*

Vegan Eats World

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Vegetarian India

660 Curries

Vegan Indian Cooking

*The Patels and Prashad, their
small Indian restaurant in*

*Bradford, were the surprise stars
of Ramsay's Best Restaurant TV*

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show in autumn 2010. Everyone who saw them fell in love with this inspirational family dedicated to serving delicious, original vegetarian food. At the heart of the family is Kaushy, who learned to cook as a child growing up on

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*her grandmother's farm in
northern India. On moving to
northern England in the 1960s,
she brought her passion for
fabulous flavours with her and
has been perfecting and creating
dishes ever since. Never happier*

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*than when feeding people,
Kaushy took her son Bobby at his
word when he suggested that she
should share her cooking with the
world - a launderette was
converted in to a deli and then a
restaurant, and Prashad was*

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born. Now Kaushy shares her cooking secrets - you'll find more than 100 recipes, from simple snacks to sumptuous family dinners, to help you recreate the authentic Prashad experience at home. Whether it's cinnamon-

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*spice chickpea curry, green
banana satay, spicy sweetcorn or
chaat - the king of street-side
India - there's plenty here for
everyone to savour and share.*

*Along with recipes for beverages,
snacks, chutneys, dairy products,*

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vegetable dishes, rice, dal
(lentils, peas, and other
legumes), breads, and sweets,
you will find helpful information on
the spices and other ingredients
that are essential to authentic
Indian cooking. Includes

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*nutritional information on the
healthful benefits of Indian
vegetarian cuisine.*

*The highly anticipated cookbook
from the immensely popular food
blog Minimalist Baker, featuring
101 all-new simple, vegan*

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Cook*

recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a

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devoted worldwide following.

*Now, in this long-awaited debut
cookbook, Dana shares 101
vibrant, simple recipes that are
entirely plant-based, mostly
gluten-free, and 100% delicious.
Packed with gorgeous*

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*photography, this practical but
inspiring cookbook includes: •
Recipes that each require 10
ingredients or less, can be made
in one bowl, or require 30
minutes or less to prepare. •
Delicious options for hearty*

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Cook
*entrées, easy sides, nourishing
breakfasts, and decadent
desserts—all on the table in a
snap • Essential plant-based
pantry and equipment tips • Easy-
to-follow, step-by-step recipes
with standard and metric*

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ingredient measurements

Minimalist Baker's Everyday

*Cooking is a totally no-fuss
approach to cooking for anyone
who loves delicious food that
happens to be healthy too.*

From delicious dals to rich

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*curries, flat breads, savory
breakfasts, snacks, and much
more, this vegan cookbook
brings you Richa Hingle's
collection of plant-based Indian
recipes inspired by regional
cuisines, Indian culture, local*

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foods, and proven methods.

Whether you want to enjoy Indian cooking, try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You'll explore some well-known and

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new Indian flavor profiles that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you

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*taste Richa's mouth-watering
desserts, they will likely become
your new favorites. Within these
pages you will find recipes to
please all the senses, including: •
Mango Curry Tofu • Whole
Roasted Cauliflower in Makhani*

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Indian Kitchen: Traditional And
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*Gravy • Baked Lentil Kachori
Pastries • Quick Tamarind-Date
Chutney • Avocado Naan •
Fudgy Cardamom Squares* The
recipes have been designed to
simplify complex vegan cooking
procedures, and Richa's

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workflow tips incorporate modern appliances and techniques from other cuisines to reduce cooking times. Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow people

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to be playful and creative with the Indian spices called for in the recipes. The restaurant-quality vegan recipes are ideal to make for yourself, for family, and for entertaining guests.

Caribbean Vegan

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*The 28-day Plan to Reinvent
Your Health, Lose Weight, and
Discover the Power of Plant-
Based Foods
Traditional Recipes,
Contemporary Flavors*

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Secrets of Indian home cooking

Vegan Richa's Everyday Kitchen

*Preparing Delicious Indian Meals
without Fear or Fuss*

My Modern Indian Kitchen

A new and vibrant vegan cookbook
authorized by Instant Pot, from the

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creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy,

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delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full

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repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan

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Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

Delicious home-style vegan recipes in an easy-to-use collection that leaves out meat and dairy while not leaving out flavor. With expert cooking skills, California restaurant veteran Zsu

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Dever not only convinced her family to go vegan, but also has kept them happy for many years with a variety of home-style dishes. In this book, she shares the secrets of how she did it and how you can make her family 's favorite dishes at home. Everyday Vegan Eats is filled with comfort-food

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recipes guaranteed to please everyone at the table, from vegans to omnivores. The recipes focus on familiar favorites that have been reconfigured to suit a healthier lifestyle, including: Tater Tot Casserole Lasagna Americana Arroz non Pollo Deli Reubens Baked

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Macaroni and Cheese and many others Everyday Vegan Eats contains clearly written recipes made with easy-to-find ingredients, a number of full-color, practical step-by-step recipe photos, and helpful tips for the beginner to make “going vegan” easy and delicious. The book shows

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readers how to get the most out of
vegan living with tips on vegan basics,
how to shop, and stocking a vegan
pantry. It even features a food allergy
substitution guide and appendices for
resources, a glossary, and equipment.
Comforting Vegan Meals Full of
Indian Flavor Rakhee Yadav, born and

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raised in India, simplifies and reimagines the traditional plant-based recipes of her childhood to create incredible meals the whole family will love. Each recipe in Heavenly Vegan Dals & Curries is bursting with the robust authentic flavor of Indian cooking and packed with nutrient-rich

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ingredients to yield satisfying, healthy dinners that are easy to make. The layered flavors of dals and curries make them versatile foods perfectly suited to becoming delicious, inexpensive meals with minimal effort—like sweet and savory Sweet Chili Coconut Pineapple Curry, Garam

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Masala Brussels Sprouts & Navy
Beans Curry with Applesauce and
Spicy Sweet Potato Curry with
Zucchini Fries. These recipes are
easily customized to your tastes as
you can often substitute the
vegetables in the recipes for the ones
you have on hand. With this cookbook

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you ' ll be able to whip up wholesome
vegan dinners that can come together
in 30 minutes as well as slow food
suppers fit for Sunday night. Whether
you ' re vegan or just trying to spice
up Meatless Monday, Heavenly Vegan
Dals & Curries has something for
everyone at the table.

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Vegan Without Borders shares Robin Robertson's favorite dishes from the great cuisines of the world and shows how cooking vegan makes borders disappear. Whether the recipe hails from Ecuador or Ethiopia, these plant-based dishes invite you to travel the culinary world and sample 150 of

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Robin's all-time favorites. This mini-immersion into global cooking also reveals that many international cuisines are naturally free of the meat-and-potatoes constraints of the typical Standard American Diet (SAD), and food-loving vegans will delight at the dishes Robin places on her table at

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home. The recipes are healthy and accessible but without compromising on flavor. The pastiche of plant-based delights are organized by country or region of the world, making it easy to prepare a single recipe or to put courses together for a complete meal in a particular cuisine. The recipes

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include family-style comfort foods, global ethnic favorites, and creative new dishes inspired by the classics, all developed to satisfy a variety of mealtime desires. The result is a bounty of mouthwatering recipes that span the globe, representing the cooking traditions of more than

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twenty different countries of Europe,
the Americas, Africa, the Middle East,
India, and Asia. Recipes include:
Polenta Rustica with Kale and Bean
Ragout Potato Gratin Dauphinoise
Baked Eggplant Fries with Tzatziki
Sauce Chickpea Nuggets with Buffalo
Barbecue Ranch Sauce Blue Ribbon

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Chocolate Cake Mojito Sweet Potatoes
Melon Paletas Za'atar Roasted
Cauliflower Lemongrass Coconut Rice
Red-Cooked Tempeh Sizzling Saigon
Crepes Bangkok Street Cart Noodles
90 Easy, Plant-Based Recipes from
India
Practically Vegan

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75 Traditional Recipes That Are
Easier, Quicker and Healthier
Indian Vegan and Vegetarian
Healthy, vegetarian heritage recipes
from India

NYC Vegan

The Asian Vegan Kitchen

My Indian Kitchen

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Discover the authentic taste of India - right from your kitchen. Whether you're new to Indian food and looking to experiment at home, or you're a level 10 curry-lover (like we are) and wish to recreate restaurant-style flavors, this is the cookbook for

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you. From Rajma Chawal to Paani Puri, you'll come across some of the gorgeous-looking, best-tasting, fun-to-make recipes in here. Some of our star recipes include: Dried Fruits Pulao Rajma Chawal Chana Masala Aloo Palak Matar Mushroom

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Masala South Indian Kurma Kadai
Tofu Vegan Butter Chick'n Aloo

Tikki Gobi Pakoda Aloo Pyaaz

Paratha Creamy Tomato Soup Kaju

Katli Nankhatai Imli Chutney

Beautiful Images The cookbook is
filled with gorgeous images that will

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not just inspire you, but will also help you understand how the final dish looks like. Every Information You'll Ever Need. We have fortified the cookbook with super useful tips and information so you can actually cook ALL 90 RECIPES without

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having to google any weird ingredients or kitchen appliances (btw, there aren't any weird ingredients nor kitchen tools). No More Scratching Your Head Indian foods don't exactly follow the set-it-and-forget-it rule like most dishes.

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The cooking is very much step-by-step based. This is why we have included multiple steps cooking directions in most of our recipes so you're more invested in the cooking journey than scratching your head. So let's enjoy some delicious plant-

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based, vegan Indian food together
with Veganbell's Indian Vegan
Cookbook: 90 Easy, Plant-Based
Recipes from India
Quick Flavorful Plant-Based Dishes
Made Easy Manali Singh, founder of
the popular blog Cook with Manali,

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shares her secrets to making your favorite traditional Indian dishes faster and healthier in your Instant Pot® or other multifunction cooker. And the majority of her wonderfully spiced recipes are also vegan— or can be easily made vegan—so it's perfect

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for specific diets or anyone who wants to include more plant-based meals in the weekly rotation. Enjoy classics like Matar Paneer and Chana Masala, as well as traditional street foods like Pav Bhaji, a medley of spicy mashed veggies eaten with

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dinner rolls, and Vegetarian Momos—healthy dumplings steamed to perfection. And don't forget dessert! Indulge in Chai Crème Brulee or Kalakand, spiced Indian milk fudge. Whether you're new to the Instant Pot® or it's a staple in

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your kitchen, Manali's 75 recipes will show you how to easily prepare and enjoy authentic favors of Indian cuisine in your own kitchen.

Indian food is an internationally popular cuisine, yet, unfairly, it is often considered to be heavy, rich

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and indulgent. With more people than ever before turning to healthy home cooking there has never been a better time for a fresh and lighter take on Indian food - one that Mira is creating with her vibrant and healthy cooking style. Inspired by

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her mother and grandmothers' cooking, Mira Manek's style of food is a modern interpretation of the Indian classics, creating utterly delicious and naturally healthy dishes. Whether you want to cook a Summer Saffron Chia Pot, an Indian

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Cook
Summer Salad, a Thali, a Masala
and Nut Milk or a Mango Yoghurt
Cheesecake, Saffron Soul combines
the best of the core elements of
Indian cooking with original health-
promoting twists. As well as offering
the best and most naturally healthy

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Gujarati receipes, Mira also recreates some perennial favourites, replacing traditionally used grains and sugar with more nutritious ingredients such as millet, chia and jaggery, and cutting down on oils and fats, to make her dishes even

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healthier. Whether cooking a filling spicy curry, a soulful brunch, a nutritious light meal or a luscious dessert, Mira's dishes vibrantly burst with colour and a richness of flavour and spice, each fit for a feast. The ultimate plant-based Indian

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cookbook by the creator of
VeganRicha.com. From delicious
dals to rich curries, flat breads,
savory breakfasts, snacks, and much
more, this book brings you Richa
Hingle's collection of plant-based
Indian recipes inspired by regional

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cuisines, Indian culture, local foods, and proven methods. Whether you want to enjoy Indian cooking, try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You'll explore some well-

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known and new Indian flavors that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars of the dish. And once you taste Richa's mouth-

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watering desserts, they will likely become your new favorites. Within these pages you will find recipes to please all the senses, including: *

- Mango Curry Tofu *
- Whole Roasted Cauliflower in Makhani Gravy *
- Baked Lentil Kachori Pastries *

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Quick Tamarind-Date Chutney *

Avocado Naan * Fudgy Cardamom

Squares The recipes have been

designed to simplify complex

procedures, and Richa's workflow

tips incorporate modern appliances

and techniques from other cuisines

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to reduce cooking times.

Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow people to be playful and creative with the spices called for in the recipes. The restaurant-quality

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recipes are ideal to make for
yourself, for family, and for
entertaining

guests.Sidebars.Tips.Index.Full-color
photos.

The Indian Slow Cooker

Exciting New Dishes From an Indian

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Cook
Girl's Kitchen Abroad
Veganbell's Indian Vegan Cookbook
Isa Does It
The Abundance Diet
The Great Curries of India
Meat-Free, Egg-Free, Dairy-Free
Authentic Island Cuisine for Every

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Iconic Recipes for a Taste of the Big
Apple

In her second book, Richa Hingle applies her culinary skills to international comfort foods. She delivers a wealth of flavor-packed "awesome sauces" and mix-and-match ideas to inspire you to

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create stunning meal combinations. These unique recipes have amazing depths of flavor, are easy to make, and have allergy-friendly options. Enjoy Richa's wow factor in sensational curries, comforting casseroles, and the next-generation of plant-based burgers, and more. Recipes include: One-Pot

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Cook
Peanut Butter Noodles Green Curry
Fried Rice Crispy Kung Pao Cauliflower
Chickpea Jackfruit Burgers Alfredo
Spinach Pizza Tiramisu Fudge Bars
Here are chapters devoted to flavor-
packed sauces, soups, sandwiches,
breakfasts, sweets, and more. You will
also find helpful techniques and mix-and-

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match ideas that will inspire creativity and provide stunning meal combinations. You will find this book to be indispensable in your kitchen, and the recipes will appeal to both vegans and non-vegans alike.

This collection of foolproof Indian recipes by Nitisha Patel offers ideas for

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Street Food and Snacks, Curries, Foods for Feasts, Vegetarian Dishes, Rice, Chutneys and Raitas, as well as lightly spiced, often fruity Desserts.

What If the World Was Vegan? The true building blocks of cuisines across the planet are the spices, herbs, and grains—from basmati rice to buckwheat,

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coconut to caraway seeds. Apply those flavors to vegan staples such as seitan, or tofu and even straight-up vegetables, and the possibilities? If not endless, pretty darned expansive. So what if the world was vegan? Your own cooking is the answer to that question; fire up the stove and make a green curry, simmer a seitan

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date tagine stew, or hold a freshly made corn tortilla piled high with chile-braised jackfruit in your hand. Chart your course in the great, growing map of vegan food history. Award-winning chef, author of *Veganomicon*, and author of *Viva Vegan* Terry Hope Romero continues the vegan food revolution with more than 300 bold,

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delicious recipes based on international favorites. With chapters devoted to essential basics such as Spice Blends; The Three Protein Amigos; and Pickles, Chutneys & Saucier Sauces, you can make everything from salads to curries, dumplings and desserts. Vegan Eats World will help you map your way

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through a culinary world tour, whether you want to create a piergoi party or Thai feast, easy Indian chaat lunch or Your International House of Dinner Crepes. Jamie Oliver: 'I love Maunika's cooking. Her food is a joy - she makes incredible Indian food really achievable at home. A fantastic Indian cookbook.' Yotam

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Ottolenghi: 'Reading Maunika's book feels as though you're actually sitting in an Indian family kitchen, sharing stories and recipes. I've been inspired by her to make my own paneer and to play with pickled watermelon rind. Delightful!'

Growing up in Mumbai, Maunika Gowardhan learned the secrets of home

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cooking, Indian-style. Now living in the UK, Maunika is often asked, 'what do Indians cook on a day to day basis?' And, 'how is it that you can rustle up a curry for an everyday meal when you're so busy?' The answer is in chapters of this book. Hungry include recipes made from easy-to-find ingredients for when you're

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starving and short of time. And Lazy contains recipes for when you want something a bit slower, a bit comforting, but still straightforward. Indian food is also about feasting, so when you have the luxury of time and want to put some real love into a meal at the weekend, you can turn to Indulgent, or when you have

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friends and family coming over then Celebratory is the chapter for you.

Whatever your mood, Indian Kitchen will inspire you to add Indian cooking into your weekly menu.

Easy Recipes for the Hurry Home Cook
[Vegetarian Cookbook, Over 80 Recipes]
The Vegan Instant Pot Cookbook

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Traditional and Creative Recipes for the
Home Cook

Oh She Glows Every Day

Vegetarian Rice, Biryani And Pulao

Easy Everyday Meals from Around the
World

Filipino-American Kitchen

Vegan Asian: A Cookbook

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"A delectable straightforward guide to regional Indian cooking." —Padma Lakshmi, host of Top Chef USA In My Indian Kitchen, chef Hari Nayak shares the secrets of his family's style of Indian cooking that he learned from his mother and aunts, neighbors, local street vendors and countless friends.

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With the recipes in this Indian cookbook, consistently delicious Indian food at home becomes a reality. From a perfect Mint Chutney with Samosa to a melt-in-the-mouth Chicken Tikka Masala, to Pork Vindaloo, Tandoori Chicken and Sweet Mango Yogurt Lassi, traditional Indian meals without

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hours and hours of work can be achieved. Authentic Indian recipes include: Cucumber and Yogurt Raita Spicy Paneer Cheese Kebabs Red Kidney Bean Curry Street-Style Grilled Corn on the Cob Fish Tikka Chicken Tikka Masala Spicy and Fragrant Lamb Curry Baked Garlic Naan

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Creamy Rice Pudding And many more... Having lived in the West for many years, Chef Hari understands the time for meal preparation is limited. To accommodate our busy lifestyle, the recipes in this book have been simplified, without sacrificing any of their authenticity. With Hari's guidance

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and time-saving tips, the ability to create Indian meals appealing to the individual tastes of the home cook can, finally, be achieved.

Make New York City's iconic foods—like Reuben sandwiches, pizza, and bagels—at home with this collection of easy plant-based recipes.

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NYC Vegan brings New York's fabulous foods to the plant-based table. The book was written by native New Yorkers as a tribute to the city they love. From the diners and delis of Brooklyn to the traditions of Little Italy and Chinatown, the foods of New York are the foods of the world. Old New

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York: Manhattan clam chowder, Waldorf salad, eggs Benedict, New York-style pizza, and New York-style cheesecake. Street foods and festivals: Soft pretzels, churros, falafel, Italian ice, caramel corn, and zeppoles. Delis and diners: Reuben sandwich, bagels, pot pie, and

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Brooklyn egg creams. Bakeries:

Knishes, cinnamon rolls, black-and-white cookies, and Irish soda bread.

Jewish specialties: Blintzes, brisket, mandelbroit, and “chicken” soup.

Neighborhoods: Polish pierogis, Italian lasagna, Dominican arroz con maíz, Greek avgolemono soup, and Puerto

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Rican mofongo. These recipes are simple and delicious and bring the city vibe to your own kitchen. As self-trained cooks, Michael and Ethan are food lovers who show how vegan food can taste just as good as nonvegan dishes and how eliminating animal products from your diet does not mean

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you can't enjoy New York City's iconic foods. This book includes full-color photography by Jackie Sobon and a list of current New York City vegan restaurants.

With over one hundred tasty, family-friendly plant-based recipes in the follow-up to the bestselling Oh She

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*Glows Cookbook, Oh She Glows
Every Day is the perfect book for busy
people wanting fuss-free healthy
eating on a daily basis. Angela
Liddon's irresistible and foolproof
recipes have become the gold
standard for plant-based cooking. Her
phenomenally popular blog and*

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bestselling debut, The Oh She Glows Cookbook, have amassed millions of fans eager for her latest collection of creative and accessible recipes. Now, in this highly anticipated follow-up cookbook, Liddon shares wildly delicious recipes that are perfect for busy lifestyles, promising to make

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plant-based eating convenient every day of the week-including holidays and special occasions! Filled with more than one hundred family-friendly recipes everyone will love, like Oh Em Gee Veggie Burgers, Fusilli Lentil-Mushroom Bolognese, and Ultimate Flourless Brownies, Oh She Glows

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Every Day also includes useful information on essential pantry ingredients and tips on making recipes kid-, allergy-, and freezer-friendly. A beautiful go-to cookbook from one of the Internet's most beloved cooking stars, Oh She Glows Every Day proves that it's possible to cook

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*simple, nourishing, and tasty meals-
even on a busy schedule. 'A colourful
compendium of plant-based recipes. A
selection of healthy dishes for vegans,
vegetarians and omnivores alike, as
well as options for those with food
allergies. Liddon provides easy,
freezable and "kid friendly" dishes for*

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time-strapped parents who are keen to ensure that both they and their offspring can maintain a healthy diet'
Daily Telegraph

This unique guide to preparing Indian food using classic slow-cooker techniques features more than 50 recipes, beautifully illustrated with full-

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color photography throughout. These great recipes take advantage of the slow cooker's ability to keep food moist through its long cooking cycle, letting readers create dishes with far less oil and saturated fat than in traditional recipes. Anupy Singla shows the busy, harried family that

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cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. Her "Indian Spices 101" chapter introduces readers to the mainstay spices of an Indian kitchen, as well as how to store, prepare, and combine them in different ways. Among her 50 recipes are all

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the classics — specialties like dal, palak paneer, and gobi aloo — and also dishes like butter chicken, keema, and much more. The result is a terrific introduction to making healthful, flavorful Indian food using the simplicity and convenience of the slow cooker.

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Vegan Richa's Indian Kitchen

*Epic Anytime Recipes with a World of
Flavor*

Heavenly Vegan Dals & Curries

*Robin Robertson's Vegan Without
Borders*

*More Than 150 Quick and Healthy
Homestyle Recipes*

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Vegetarian Indian Cuisine

The Ayurvedic Vegan Kitchen

200 Traditional Plant-Based Recipes

***A guide to creating vegan
versions of pantry
staples--from dairy and meat
substitutes such as vegan
yogurt, mayo, bacon, and***

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*cheese, to dressings,
sauces, cookies, and more.
Kitchen crafters know the
pleasure of making their own
staples and specialty foods,
whether it's cultured sour
cream or a stellar soup
stock. It's a fresher,*

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***healthier, more natural
approach to eating and
living. Now vegans who are
sick of buying over-
processed, over-packaged
products can finally join
the homemade revolution.
Studded with full-color***

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*photos, The Homemade Vegan
Pantry celebrates beautiful,
handcrafted foods that don't
take a ton of time, from ice
cream and pizza dough, to
granola and breakfast
sausage. Miyoko Schinner
guides readers through the*

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Cook
***techniques for making French-
style buttercreams, roasted
tomatoes, and pasta without
special equipment. Her easy
methods make "slow food"
fast, and full of flavor.
The Homemade Vegan Pantry
raises the bar on plant-***

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Cook
*based cuisine, not only for
vegans and vegetarians, but
also for the growing number
of Americans looking to eat
lighter and healthier, and
anyone interested in a
handcrafted approach to
food.*

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*A vibrant tour of Asia in 90
vegan recipes When Sasha
Gill went vegan, she wasn't
about to leave her family's
home-cooked favorites
behind. Pad thai without
fish sauce? Curry without
ghee? In East Meets Vegan,*

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***Sasha proves that Asian
cooking can be plant-
based—as well as easy,
affordable, and delicious!
Here are: Veganized
favorites: Spring rolls, red
bean pancakes, shiitake
ramen, mango lassis Can't-***

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believe-it's-vegan twists:

Tandoori cauliflower

"wings," pineapple fried

rice, jackfruit biryani,

"butter chicken," a sushi

feast to feed a crowd Mix-

and-match pairings: Combine

leftovers for your own take

Read Book *Vegan Richas Indian Kitchen Traditional And Creative Recines For The Home Cook* on Asian fusion. Bursting with more than 100 sumptuous photographs, this is your passport to a culinary adventure—from the comfort of your kitchen. Spice up your menu with vegan Indian recipes Indian

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cuisine is packed with delicate flavors, savory spices, and hearty vegetables, making it ideal for vegans and veggie-lovers. This Indian vegan cookbook is an essential guide for cooking up

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***traditional plant-based
delicacies and restaurant
classics with a vegan twist.
Whether you're looking to
expand your palate or find
animal-free alternatives to
your favorites, you can
create authentic Indian food***

Read Book *Vegan Richas Indian Kitchen Traditional And Creative Recipes For The Home Cook* at home with expert guidance and mouthwatering recipes. Use this complete vegan Indian cookbook and enjoy: An Indian cooking primer--Discover traditional cooking techniques, vegan substitutions, and money-

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*saving shopping tips. A
complete shopping
guide--Learn which staple
spices and vegetables to
keep on hand to ensure you
always have the necessities
for cooking delicious Indian
food. Diverse recipes--Cook*

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*regional favorites and
traditional dishes from all
across India, like Eggplant
Lentil Curry, Tofu Saag, and
Cauliflower Tikka Masala.
Create classic dishes and
discover new favorites with
the Essential Vegan Indian*

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Cookbook.

*Selected as a semifinalist
in the 2007 IACP Cookbook
Awards In The Filipino-
American Kitchen, Chicago-
based chef and teacher
Jennifer Aranas introduces
the exotic flavors of her*

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ancestral Filipino homeland, taking readers on a gastronomic tour – from sweet and spicy to smoky and tangy – while transforming delicious native recipes into easy-to-make meals. Even if you're an

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experienced Filipino cook, you will discover new favorites among this collection of over 100 recipes, which includes everything from appetizers to desserts. The recipes combine traditional Filipino

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*cooking with New World
variations, reflecting the
author's Filipino-American
roots. She offers innovative
interpretations of native
recipes such as Duck Adobo,
Green Papaya and Jicama
Salad, Salmon Kilaw, Lamb*

Read Book *Vegan Richas*
Indian Kitchen Traditional And
Creative Recines For The Home

Casoy, and Ambrosia
Shortcake, alongside
traditional favorites such
as Crispy Lumpia Egg Rolls,
Hearty Paella, Pancit
Noodles and Sweet Halo-Halo
Sundaes. The "Basics"
chapter introduces the

Read Book *Vegan Richas Indian Kitchen Traditional And Creative Recipies For The Home Cook*
building blocks of Filipino cuisine, showing you step-by-step how to create authentic Filipino food. A detailed buying guide leads you through the bustling Asian market, demystifying the flavor essentials – such as

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Cook

*coconut, palm vinegar,
shrimp paste and calamansi
lime – that set the food of
the Philippines apart from
its Asian neighbors. With
this Filipino cookbook at
your side, you can share
these mouthwatering Filipino*

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*dishes with your friends and
family.*

*Vegetarian Indian Cooking
with Your Instant Pot
The Art of Making Your Own
Staples [A Cookbook]*