

## Recent Cookery Books - March 2021

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Vegetarian Cuisine from the Himalayan Foothills : Flavours and Beyond / Veena Sharma

Niyogi Books, New Delhi. 2021

pb; 154p.; 22cm.

9789389136753

\$ 19.00 / null

550 gm.

A delectable experience for gastronomes, Veena Sharma's vegetarian cuisine from the Himalayan foothills delves into mouth-watering recipes that draw upon local bounties – some forgotten, or less used, grains and greens, spices and fruits – from the Himalayan heights. Exploring a variety of palates and creating a whole range of nutritious and tasty foods, there is an underlay of a desire to retain and re-establish the diversity that is vital for your physical and mental health. Traditional produce are dressed and enhanced to enrich the urban table, catering to your taste buds and nurturing your bodies and minds. Think of nutritional Lentil kebabs, vegetables with a twist, zesty chutneys, nourishing soups, and even extraordinary desserts like phony Gulab jamuns and luscious puddings. The inclusion of several vegan and gluten-free recipes makes the book of interest to those with special tastes. With striking photographs and useful snippets of information accompanying each recipe, this book is sure to feed your deepest cravings.

<https://www.marymartin.com/web?pid=754961>

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The Rana Cookbook : Recipes from the Places of Nepal / Rohini Rana

Penguin Viking an Imprint of Penguin Random House, Gurgaon, Haryana 2021

hp.; 276p.; 28cm; photos

9780670093847

\$ 52.00 / HB

1500 gm.

The Rana name has been synonymous with the history and culture of Nepal for centuries. The beautiful palaces of Nepal were known not only for their glamour and architecture but also for their royal feasts. The recipes of the food served were exclusively with the cooks of the palaces and a lucky few who inherited them from earlier generations. In this exquisite book, for the first time ever, the doors to the palace kitchens are opened and we get a glimpse into the mouthwatering cuisine of the royals. Nepali food is famous for its fresh and light flavours in the staple rice, daals, meat and vegetables. The food of the Ranas, however, is vastly influenced by Indian flavours. While Indian food is renowned for its rich, thick gravies, Nepali cuisine tends to prefer lighter jhols and dry bhutans and kawafs. Though raw materials such as meat and vegetables can easily be found in the Indian kitchen, the style of preparation and spices such as jimbu and timur are unique in their Nepali flavour. With help and inputs from numerous family members, Rohini Rana has collected and documented the recipes precious to each Rana prime minister's family. Showcasing magnificent food from the palaces, this luxurious and beautifully illustrated cookbook attempts to preserve these recipes for future generations, and posterity.

<https://www.marymartin.com/web?pid=750247>

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Kashmiri Cuisine: Through the Ages / Sarla Razdan;Foreword:Omar Abdullah  
Lustre Press an Imprint of Roli Books,New Delhi 2020  
hb.;144p.;25cm;Photos.  
9788194110941  
\$ 20.00 / HB  
800 gm.

Kashmiri cuisine is one of the most delectable and ancient cuisines in the world because of the many foreign influences. People are still a trifle inhibited about cooking it, because, like any delicacy, it demands a delicate sense of the instinct after you have measured ingredients by the spoon or the ladle. But Sarla Razdan's book will chip away the inhibitions and introduce you to a world that cannot be described at the inadequate level of mere words.

Kashmiri Cuisine: Through the Ages is not just a cookbook but also showcases the splendor of Kashmir through beautiful vintage and new photographs bringing alive the history and culture of the place. A collection of authentic, comprehensive and easy-to-make recipes, popular within the Kashmiri community, makes this book indispensable to all lovers of good food. A section on low calorie Kashmiri food is a treat for the health conscious!

<https://www.marymartin.com/web?pid=750521>

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The Khasi Kitchen : Home Food and Oral Traditions / Madeline Tham  
INTACH(Indian National Trust for Art and Cultural Heritage)with Aryan Books  
Internaionak,New Delhi 2021  
pb.;xviii,94p.;photos; 23cm.  
9788173056505  
\$ 13.00 / null  
700 gm.

This is a cookbook that every food enthusiast should possess. It showcase the author's collection of representative dishes from the Khasi culinary tradition and puts them brilliantly in the broader socio-cultural context. the beautifully illustrated volume reiterates the ancient wisdom of 'eat healthy,eat local' and is a delectable way not just for the Khasi community but for all to reconnect with their gastronomic roots!

<https://www.marymartin.com/web?pid=750535>

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