



Flavorful India: Treasured Recipes from a Gujarati Family (Hippocrene Cookbook Library (Paperback))

Priti Chitnis Gress

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Located in northwestern India, Gujarat is known as the country's "Garden State," and is renowned for its vegetarian specialties. Flavorful India showcases the cuisine of Gujarat--from street foods like crunchy snack mix and vegetable fritters, to traditional home-cooked dishes that feature an abundance of locally available vegetables like okra, eggplant, bottle gourd, and many varieties of beans. Spicy dals, delicate flatbreads, and traditional sweets and beverages bring the Gujarati dining experience full circle. A chapter on the meat, poultry, and fish specialties that are enjoyed in the region is also included.

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