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Authentic Regional Cuisine of India (Paperback)

By Anirudh Arora, Hardeep Singh Kohli

IMM Lifestyle Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. The Grand Trunk Road is one of South Asia s oldest and longest roads. For centuries, it has linked the eastern and western regions of the Indian subcontinent, running from Bengal, across north India, into Peshawar in Pakistan up to Afghanistan. Today it is still a major route, the axis of India s heavily populated north. Authentic Regional Cooking of India is a fascinating look at the food, culture and traditions that have sprung up along this route, with recipes that reflect the eating traditions of the real India. The book follows Hardeep Singh Kohli s travels along this age-old route, starting in Calcutta, linking with Lucknow, Aligarh and Delhi before curling north into the Punjab region of northwest India. The recipes are provided by Anirudh Arora, head chef at Moti Mahal in London, who has devoted his career to researching the long-forgotten recipes of rural India as found along the old Grand Trunk Road. Nostalgic favourites include bhalla papadi chaat , a dish discovered in the streets of North India featuring crisp-fried pastry and chickpeas with a tamarind and mint chutney. From the seductive barbecued flavours of the...



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