

MANJULA'S KITCHEN: BEST OF INDIAN VEGETARIAN RECIPES BY MANJULA JAIN



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If you love Indian vegetarian cooking and wish you knew how to create magnificent dishes for your friends and family, this book of delicious recipes is for you.

You will learn how to make over one hundred mouthwatering Indian vegetarian dishes: Samosas, Naan, Roti, Palak Paneer, Vegetable Korma, Gulab Jamun, and many more. Best of all, you can follow my time-tested recipes without any prior cooking knowledge and feel confident of surprising yourself and impressing your friends with your achievement.

I am here to teach you simple and practical recipes that embody the authenticity of Indian vegetarian cooking. If you are new to cooking or to Indian vegetarian cooking, these recipes will make it easy to understand the fundamentals of cooking Indian dishes. If you are an experienced chef, you will pick up new techniques to make cooking easier and more flavorful.

In the seven years my first cooking video appeared on YouTube I have posted over 250 video recipes and my website www.manjulaskitchen.com, many of which are vegan and gluten free. Some have commented that the wide variety of choices and flavors in Indian cuisine makes it easy to be vegetarian.

I have devoted hundreds of hours to perfecting these recipes. The right recipe and combination of ingredients is not always easy to come up with!

If you are new to Indian cooking, I encourage you to adhere closely to my detailed instructions. Once you have gained some experience with the recipes, I hope you will feel free to experiment and make these dishes uniquely your own. Half the fun is in the experimenting!

You will create your own success story, with variations sure to impress your friends and family.

Indian flavors have come to play an important role in international cuisine.

It is unfortunate that many Westerners are under the impression that Indian cooking takes too long, calls for too many ingredients, and is overly spicy and greasy. Such misconceptions have arisen because the West was introduced to Indian cuisine in restaurants, where the primary concern is shelf life of the food, ease of preparation, and appearance.

In reality, Indian food is healthful, colorful, aromatic, full of flavor, and easy to prepare.

Every region of India has its own distinct way of cooking and its own specialties. The result is a huge variety of recipes with an endless array of savory main dishes based on rice, lentils, and vegetables, a wide assortment of breads, and a plethora of scrumptious desserts, snacks, and drinks.

My kitchen is my art studio. Instead of playing with colors, I play with ingredients. Cooking is my hobby

and my passion. For decades I have cook for my family, friends, colleagues, and anyone who shows up at my home.

I was born in a vegetarian family in North India. My mother was an excellent cook who paid attention to every detail and always insisted on fresh ingredients. From a young age I enjoyed helping my mom in the kitchen. I learned how to use spices and herbs to enhance the taste of the vegetables, grains, and lentils.

Nothing gives me greater joy than sharing the traditional cuisine of India with you, in a practical format you can implement with ease and confidence.

To your Indian culinary adventure,
Manjula

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Most helpful customer reviews

13 of 13 people found the following review helpful.

The best!

By Tania H.

I have never cooked anything Indian until I encountered Manjula's YouTube recipes. The recipes are well put together and the instructions are awesome! Although, my prime account allows me to borrow that book for free, I chose to buy it, because I think that it is a small price to pay to a great teacher! Thank you Manjula!

7 of 7 people found the following review helpful.

World's Greatest Indian Cookbook Ever!

By Julie A Grewe

I've been looking for an approachable Indian cookbook for years. This is easy to follow and brilliantly written! Thanks so much for your book. Please start publishing physical books ASAP (I don't like getting my tablet all messy while I cook:)! Jain has a style of writing that is easy and makes sense, for e.g., many Indian cookbooks always cite the appendix for a list of spice mixes you to have previously made - this book lists whole recipes that you can ease into as you set up your Indian spice/indigent pantry section.

3 of 3 people found the following review helpful.

Easy-to-follow cookbook full of delicious, authentic recipes

By Michaela

I have been cooking vegetarian meals for many years, even tried Indian ones from paperback cookbooks. Manjula's kitchen offers one of best recipes I have ever tasted (tried circa 15+ of them). Her meals taste better than in Indian restaurants and are easy enough to make.

I would say this book is going to be appreciated the most by people who have been already watching her YouTube visual guides and thus are familiar with the process step by step but need only a list of ingredients and quick reminder about steps.

Saying that, I think it will be of value to someone unfamiliar with Manjula's blog as recipes contain everything you need to know.

If you are interested in Indian cuisine famous for its rich flavors or looking for varied vegetarian meals

naturally full of protein like chickpeas and lentils like me, this might be exactly what you are looking for.

Thank you, Manjula. You are a great mentor and your food is divine. I look forward to learn more from you!

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