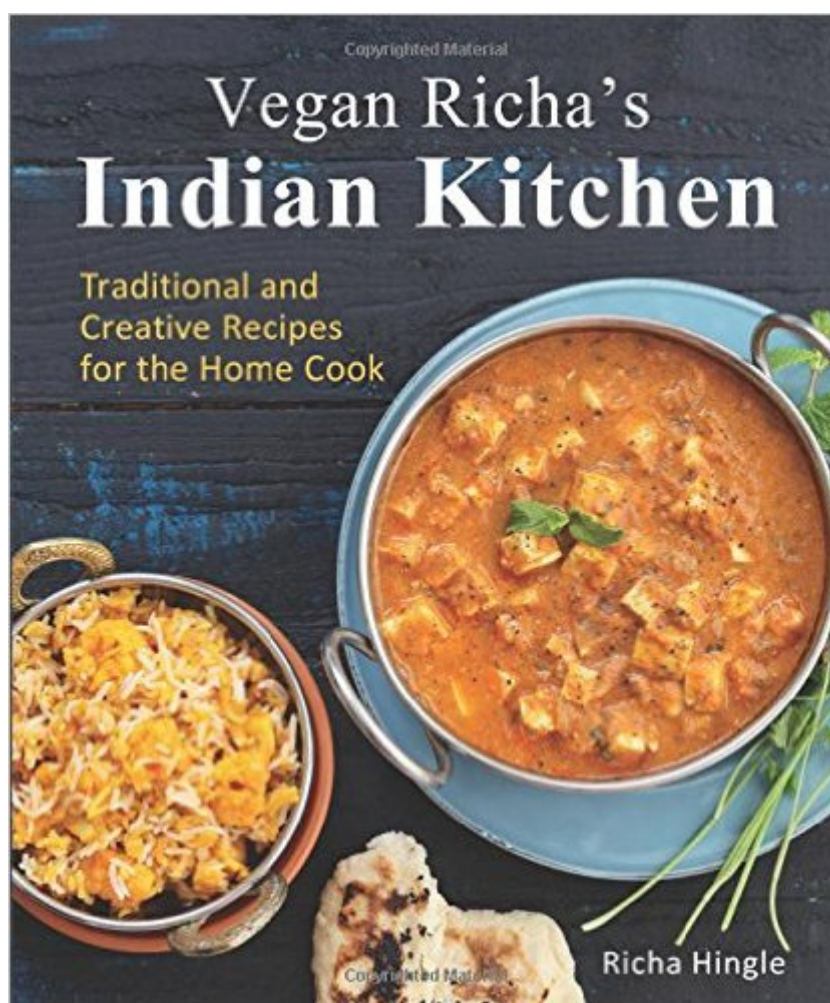


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Vegan Richa's Indian Kitchen: Traditional And Creative Recipes For The Home Cook



Synopsis

The ultimate plant-based Indian cookbook by the creator of VeganRicha.com. From delicious dals to rich curries, flat breads, savory breakfasts, snacks, desserts and much more, this book brings you Richa Hingle's collection of plant-based Indian recipes inspired by regional cuisines, Indian culture, and local foods. Who would have thought you could one day enjoy dairy-free rasmalai, sandesh, or gulab jamun. 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 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-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 - Gobi Musallam Street Style Tempeh Wraps - Kathi Rolls Quick Tamarind-Date Chutney Avocado Naan Fudgy Cardamom Squares - Burfi The recipes have been designed to simplify complex procedures, and Richa's 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 to be playful and creative with the spices called for in the recipes. The recipes are allergy friendly and many are or have gluten free and soy free options The restaurant-quality recipes are ideal to make for yourself, for family, and for entertaining guests. Sidebars. Tips. Index. Full-color photos.

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Customer Reviews

Indian Spice Meets American Speed in 'Vegan Richa's Indian Kitchen';

-- "Huffington Post. "One of the Best Vegan Cookbooks of 2015" - Vegetarian Times There are no shortage of Indian cookbooks published, but this one bests them all. There is so much more to Indian food than Butter Chicken. Choose your own flavor explosion! The photos in the book are stunning. The recipes are weeknight friendly. -- "T.O.F.U. Magazine. Exotic and richly developed, Richa's plant-based, spiced Indian recipes are neither too complicated nor made with ingredients too obscure to find, to make them unapproachable for the home cook. Complex flavors and textures, hallmarks of Indian cuisine, are the big draw to the 150 recipes in this book, but so, is the photography. -- Bluffton Today. Once in a while, a food blogger comes along who goes the extra mile or 70. Richa combines a respect for tradition with a modern cook's pragmatism and in doing so, many recipes trade painstaking effort and hours in the kitchen for much more convenience without sacrificing the most important detail: fantastic food. -- Marla Rose, Vegan Street. I love this cookbook because it displays an array of whole, plant-based foods that are truly nutritious, combining grains and legumes with a wide variety of vegetables, while offering ridiculously delicious dishes with aromas that will totally keep you hooked. Each recipe indicates whether it is, or could be made soy-free, gluten-free, and nut-free - and that includes the breads! -- The Vegan Woman. "Richa Hingle's first cookbook is nothing short of phenomenal. ...I can't wait to keep cooking from one of the best cookbooks on Indian food (vegan or not) I've ever seen." (Colleen Holland, Co-Founder of VegNews Magazine) "Richa's recipes for the vegan dietary lifestyle are rich and comforting. Love the refreshing take on some of the classics that often rely heavily on dairy. I can't wait to sample them!" (Raghavan Iyer, author of 660 Curries) "In this extraordinary cookbook, Richa Hingle masterfully combines the traditional flavors and techniques of Indian cuisine with streamlined cooking methods and healthier ingredients, resulting in the best collection of vegan Indian recipes anywhere." (Robin Robertson, author of Vegan Without Borders, Vegan Planet, and others) "With superbly spiced recipes, eye-catching photographs and mouthwatering descriptions, this book will find a permanent place in your kitchen. Richa's recipe for Quinoa Cauliflower biryani alone is worth the price of the book." (Monica Bhode, author of Modern Spice, and A Life of Spice)

Richa Hingle grew up in India, where everyday food was vegetarian, with a focus on legumes,

grains, nuts, and vegetables. Eating fresh, local, wholesome foods was a way of life. Today, she is the prolific and award-winning recipe developer, blogger, and photographer behind the very popular VeganRicha.com. She has a large community of followers who love making her recipes and sharing them with friends. Richa's instructions are easy to follow and her step-by-step photographs encourage anyone to learn how to make great Indian food. Her eBook Indian Vegan Diwali Sweets was wildly successful because of her ability to create vegan versions of Indian deserts that were previously deemed too difficult. Richa lives, writes, and cooks in Seattle, Washington.

I promised myself that I was NOT going to buy this book. I already own hundreds of vegetarian and vegan cookbooks and the last thing I needed was another cookbook. However, I really like the Vegan Richa blog and once I could virtually "look inside" the book, I realized that the majority of recipes appealed to me. I received the book a week ago. Here are the recipes I've tried so far: Spicy South Indian Tofu Scramble, Street Style Tempeh Wraps, Mint Cilantro Chile Chutney, Mashed Potato Fritters (baked), Dad's Favorite Cauliflower Potatoes, Tofu in Spinach Curry, and South Indian Chickpea Eggplant Stew. Every recipe was amazing and my husband and I were so impressed with how well the Mashed Potato Fritters turned out. The book is perfect in every way. The recipes are clear, concise, and well organized. The photographs are appetizing and inspiring. Richa gives preparation choices, always allowing you to make recipes low fat and healthy. The flavors are just fabulous. I've owned other vegetarian Indian cookbooks before, but have usually found that the recipes are excessively complicated or just too high fat. I did visit a local Indian grocery store and stock up on recommended spices and ingredients, a small investment that has already paid great dividends! These foods are even better than Indian restaurant foods because they are not heavy, loaded with greasy coconut milk, or fried. My only problem with this book is that I have to force myself to use my other cookbooks sometimes. Update: I have had this book for many months now and I've come to the conclusion that this book needs its own category: cooking magic! The recipes are superb. I have not been disappointed in anything that I have made. An added bonus is that my house smells heavenly whenever I make any of these recipes. Recommended without hesitation.

Vegan Richa's Indian Kitchen fulfills every vegan foodie's fantasy for all the sensuously spicy sappiness great Indian food delivers. With a range of spices and seasonings as vast as the subcontinent itself, it's no easy task to combine them in the perfect balance needed to create the complex flavors and textures that are the hallmarks of Indian cuisine. An entire book filled with

delectable vegan recipes that are not only exotically rich and flavorful, but also simple to prepare, is nothing less than a gastronomic achievement. Not only is Richa a culinary force to be reckoned with, she's become quite the talented food stylist and photographer, as well. If the gorgeous full-color photos in this book don't make you want to run to the kitchen and start cooking, I don't know what will. The biggest dilemma for me was that I wanted to make ALL the dishes immediately. I still can't look at any of the photos in this book without salivating. In addition to all the mouthwatering recipes for breakfast, small snacks, side dishes, dals, one-pot meals, mains dishes, desserts, and flatbreads, you'll find recipes for making your own chutneys and spice blends, as well as resources for buying ingredients online and in brick-and-mortar stores. There's also an exploration into the many cuisines of India, and as an added bonus, recipes are indexed by region. (Just in case you want to create an authentic Punjabi or Kashmiri meal.) If you love Indian food and have been yearning for scrumptious vegan versions of classical Indian dishes (all made without a hint of ghee, heavy cream, or paneer), you are going to love this book! And if you've been wondering whether or not you can recreate authentic vegan Indian dishes, you'll joyfully discover that with the no-fail recipes in Vegan Richa's Indian Kitchen, you'll soon be swooning over the dishes you make in your own vegan Indian kitchen.

This cookbook is amazing. The book itself is lovely. It's a nice size with lots of pictures, which is really important to me. I like to know what something is supposed to look like. Recipes are detailed and easy to follow, and amounts for vegetables are always given in number of vegetables and approximately how many cups that should be. There are very few specialty ingredients used, and the ones that are used are all pantry friendly so you can stock up. You won't need frequent trips to the Indian market or frequent online orders from specialty stores. The recipes always come out amazing, but I definitely have some favorites. The South Indian Tofu Scramble will make you fall in love with tofu scrambles. I generally don't like them and find most boring and under seasoned. This one is different, and flavorful, and I just want to eat it all the time. The kidney bean curry is delicious and easy. I love the entire one pot meal chapter, and love that the meals use a lot of vegetables, but my favorite from that chapter is yellow lentil rice and chard. It comes together fairly quickly and covers all of the flavors from spicy to sweet. It also makes great leftovers. Rainbow chard and peas in a creamy sauce just hits the comfort food craving for me. I love the puffy naan, but since unsweetened vegan yogurt can be hard to find sometimes, I really appreciate the avocado naan recipe. It doesn't taste of avocado, but is just a really great accompaniment to other dishes made with ingredients I can find anywhere. This book has all of my restaurant favorites, and a ton of dishes

I had never heard of. My biggest piece of advice is to be adventurous and try all of the recipes because some of my favorites have been the ones that, rather than mimicking dishes I am familiar with, were flavors I never imagined.

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