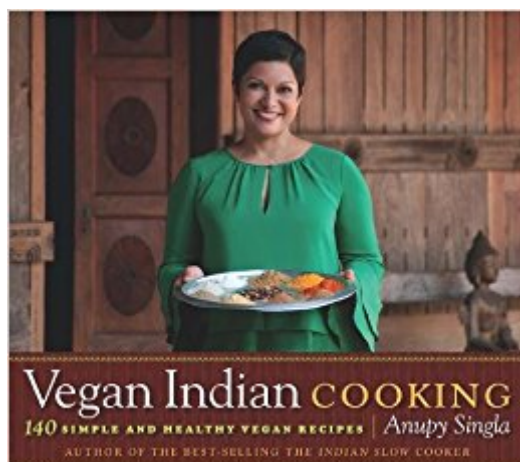


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Vegan Indian Cooking: 140 Simple And Healthy Vegan Recipes



Synopsis

This beautiful follow-up to Anupy Singla's widely praised first cookbook, the Indian Slow Cooker, is a unique guide to preparing favorite recipes from the Indian tradition using entirely vegan ingredients. Featuring more than 50 recipes, and illustrated with color photography throughout, these great recipes are all prepared in healthful versions that use vegan alternatives to rich cream, butter, and meat. The result is a terrific addition to the culinary resources of any cook interested in either vegan or Indian cuisine. Singla--a mother of two, Indian emigre, and former TV news journalist--has a distinctive style and voice that brings alive her passion for easy, authentic Indian food. Some of these recipes were developed by her mother through the years, but many Singla developed herself, including fusion recipes that pull together diverse traditions from across the Indian subcontinent. She shows the busy, harried family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. As Singla sees it, acquiring and using the proper spices is the key to preparing her healthful recipes at home. Singla has recently brought to market her own line of traditional Indian spice trays (also known as a masala dabba), which is being sold by retail outlets like Williams-Sonoma. Vegan Indian Cooking builds off of Singla's vast expertise in simplifying and perfecting Indian spices and unique, custom spice blends, making delicious Indian cooking accessible to even the most hurried home chef.

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Customer Reviews

Praise for Anupy Singla and The Indian Slow Cooker: "If you love Indian food, have a look at Anupy

Singla's *The Indian Slow Cooker*. Folded in with lush food photography are easy, healthful recipes with traditional flavors." —Lois White, *Better Homes & Gardens*"My favorite new slow cooker book is *The Indian Slow Cooker* by Anupy Singla....Because Indian dishes are rich in spices and robust flavors, they stand up well in slow cookers." —Genevieve Ko, *Good Housekeeping*, October 14, 2011"In her friendly voice, Anupy Singla welcomes everyone into her kitchen, even busy and beginner cooks. With her comprehensive guide to ingredients and surprisingly simple and healthy recipes that perfume the house on a cold day, *The Indian Slow Cooker* is a great first book on Indian cooking. We love recommending it to our customers!" —Lara Hamilton, Owner of *The Book Larder*, Seattle, WA“Singla's book goes against what many believe is required of Indian cuisine--infusing hot oil with a whole mess of spices as the base for dishes. Instead, she argues, throw everything into the Crock-Pot and let the aromatics do their thing... the book gives old- and new-school cooks alike ample reason to give Indian food a shot.Ã¢âÂ• —Janet Rausa-Fuller, *Chicago Sun-Times*, October 20, 2011"Next time you have a hankering for Indian food, don't think take-out. Think ahead. That's the message from Anupy Singla, author of *The Indian Slow Cooker* who is on a mission to correct misperceptions about Indian food..." —Michele Kayal, *Associated Press*, October 26, 2010"[*The Indian Slow Cooker*] is slim in appearance, a mere 136 pages. Yet the author has packed its pages with 50-plus recipes, lots of guidance and enough enthusiasm for slow cookers and Indian food that fans of either or both will be prompted to try one of her recipes...Ã¢âÂ• —Judy Hevrdejs, *Chicago Tribune*, April 6, 2011"Anupy is really on to something here. In 50 well-crafted and imaginative recipes, Anupy shows you how to use the modern slow cooker to get the beautiful, complex flavors of her ancient native cuisine. A book that will surprise you.Ã¢âÂ• —Dorie Greenspan, author of *Baking with Julia* and *Around My French Table*, as well as contributing editor to *Parade* magazine, December 23, 2010"Ms. Singla says her book is aimed at anyone who wants to eat more vegetarian food and she doesn't believe in calling Indian food ‘spicyÃ¢âÂ• or ‘exoticÃ¢âÂ• anymore." —Wall Street Journal, *India Real Time Blog*, August 24, 2010"Anupy has a fantastic blog, *Indian As Apple Pie*, a beautiful cookbook, "*The Indian Slow Cooker*", and an innovative spice box product now being offered by Williams-Sonoma." —Nancy Loo, *WGNtv.com*, September 5, 2011"For those who love Indian food--or who are interested in starting to explore it--Anupy shows how to prepare the classic dishes in healthful versions that use far less oil and saturated fat than traditional recipes...Anupy introduces the mainstay spices of an Indian kitchen, and how to store, prepare, and combine them in different preparations.Ã¢âÂ• —WLS-ABC Channel 7, March 26, 2011"The talented and beautiful Anupy Singla, author of *The Indian Slow Cooker*, understands

that many home cooks are intimidated by Indian spices and cooking. So she created spice packets, small bundles of 5 essential Indian spices, that will get anyone cooking Indian. Demystify something for people, and they will love you." —Susan Russo, writer for FoodBlogga blog and contributor to NPR's Kitchen Window"Singla's recipes, and writing in general, exudes common sense and practicality...Straightforward, healthy recipes for easy preparations of all your favourite Indian dishes combined with mouthwatering photographs make this a cookbook any lover of Indian food will appreciate." —Rebecca Baugniet, EAT Magazine"Singla's first book, The Indian Slow Cooker, is packed with braises, both meat-and vegetable-based. Her newest book embodies how she often eats: a vegetable-based diet heavy on herbs and spices, and loaded with flavor." —Tasting Table Chicago, August 20, 2012"Chicago-based cookbook author Anupy Singla has cultivated a devoted following by showing readers how to master Indian spices and make great-tasting Indian food at home. In her second offering, Vegan Indian Cooking, she tackles the perhaps more difficult endeavor of demystifying vegan cuisine." —Sarah Terez-Rosenblum, Chicago Sun Times, August 23, 2012

Anupy Singla formerly worked as an on-air TV reporter and anchor for CLTV News, the cable arm of the Tribune Company broadcasting and sister station to Chicago's WGN-TV, and for Bloomberg TV. Her food writing has appeared in several print and online publications including the Chicago Tribune, the Chicago Sun-Times, and the Wall Street Journal. She's demonstrated her Indian cooking skills on WGN-TV, WLS-ABC and numerous network affiliates across the country. Her previous book, Indian Slow Cooker, is a number-one bestselling Indian cookbook on .com. She lives with her husband and two young daughters in Chicago, IL.

I really love this recipe book. I have had this book for a couple of years but I only recently became vegan so I finally started flipping through it for recipes. Now I've made LOTS of dishes from this book and they always turn out great. I have a several other vegan & vegetarian recipe books including ones that were highly recommended on but this is the one I like the most. I am not Indian so I appreciate that the book doesn't assume any prior knowledge of Indian cuisine. I also like the fact that it uses traditional techniques like toasting and crushing spices which one of my other recipe books skips (my guess is to make the dishes easier to make).Anyways my husband who is Indian has loved the dishes from this book. The ones I've made so far were done in under an hour. There are dishes that take longer but I haven't tried them yet.I started being a bit more organized with my meals, planning for the entire week by bookmarking recipes in this book and listing the ingredients I

would need to by. As a result I always know what meals I can make with what I have in the fridge/pantry. I thought I would prefer a hard copy of the book, but I like having a Kindle Edition more. It has to be on the counter top which means hard copies get dirty and wet (thats whats happened to my other recipe books). The kindle is easy to clean. On top of that I can book mark 20 recipes (which I actually have done) easily on a kindle, which is not so easy to do on a hard copy book. I use it on my Kindle Fire which I can read in bed at night to plan out recipes. A hard copy book would have meant that I have to keep a really bright light on. Overall I have been very happy with this book as it expanded my rather narrow repertoire of vegan recipes. That has helped me look forward to meals rather than dreading them.

Good introduction to Indian cooking. Helpful information about the various spices, beans, and lentils. I appreciated the notes at the end of the recipes that gave ideas for substitutions. I've made about 12 recipes of of this book so far and enjoyed all of them. Clear, easy instructions. The e-book is a bit of a challenge to read though since the ingredients are commonly on one page and instructions on the other so flipping back and forth (on my slow iPad) is slightly erksome (not the book's fault though). On the other hand, having the e-book made it convenient to go to the Indian grocery store with the iPad and simply ask for all the spices and lentils on the list at the beginning of the book. The author also points out which spices have gluten in them as well. Most of the recipes are gluten free or can be made that way which is nice.

Wow! I can't express how happy I am that I bought this book. To say the food is healthy is an understatement. Even blah, bland and/or slightly bitter veggies taste great. I never thought I'd say, "Mmmmm spinach soup," or "Oh goodie, more cabbage," but now I do. The step by step instructions are clear and easy - chop, blend, simmer, bake, etc. I have already ground my own garam masala, and I'm learning how to balance spices and ingredients to customize recipes. For ex., I can customize and lower the amount of heat a recipe has by: adjusting ingredient amounts, adjusting the way I cook the ingredients, and/or by adding other foods, for ex. mint chutney, rice or bread, to the meal. I never thought I'd be able to cook Indian food! Just take care with the addition of the really hot spices. Although there's no Vindaloo (vindaalo?) in the book, I have seen people gasp for air after overdoing it on certain spices. Why DO men DO that? Not everyone realizes it when they don't tolerate the heat well. THANKS to the author for her enthusiasm, encouragement and great recipes!

Folks, I am Indian, I have lived in the US more than 30 years, I cook every day for a very traditional Indian husband. To those of you who slam this book -- you don't know what you're talking about. To Anupy: you're the best ever. You have changed my life! I am waiting for your next book. Please tell me it's on the way! Thank you.

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