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Indian Food Cookbook:The Taste of Northern India: A Culinary Journey Through Recipes and Landscapes (culinary journey cookbooks Book 1)

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#1 BEST SELLER in Indian cooking

" The Taste of Northern India"" will take you on a culinary journey, giving you a deeper glance of Northern India through gorgeous authentic recipes and landscapes.
The 50 most popular recipes of the region gathered especially for you as collected by the author during the years of her own culinary journey throughout northern India.
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This Special cookbook will provide an introduction to Indian cooking, proper usage and better understanding of local spices, and a thorough explanation of authentic methods of cooking.
We also offer great tips for ingredient replacements.

Flipping through the pages of 'The Taste of India' you will find an array of delicious recipes that are simple and easy to follow such as : your favorite authentic chicken recipes, Indian vegetarian recipes, Indian sweets and much more...

This is not your average Indian cookbook; this book gathers 50 AUTHENTIC north Indian recipes divided by different categories.

While most of eastern cookbooks are either inaccessible to the common western reader or it becomes "Americanized" in a way that the ingredients are being replaced with western industrial ingredients, making the recipes very different from its source.
The author choose to keep the recipes AUTHENTIC as she was taught directly from the local people of north India. Along with that she attached an Indian-western ingredients dictionary- explaining about each ingredient and suggesting a reasonable, natural substitute in case one of the ingredients are missing .
"The Taste of Northern India" will be great for all level of Foodies.

This book provides you with all that you will need to go ahead and

recreate the tastes and aromas in your very own home.

Bon appetite!

Aloo Gobhi (potato & cauliflower dish)
Serves: 3-4
Total Preparation Time: 45 minutes
Ingredients:
• 3 cups chopped cauliflower
• 2 peeled and diced potatoes
• 2 Tbsp fresh ginger, minced
• 2 chopped raw green chilies
• 1/2 tsp turmeric powder
• 1-1/2 Tbsp red chili powder
• 1 Tbsp coriander powder
• Salt to taste
• 1 tsp brown sugar
• 1 Tbsp lemon juice
• Fresh cilantro, chopped, for garnish
• 3-1/2 Tbsp coconut oil or ghee

Ingredients for tempering or tadka (frying spices to create a spice flavored oil):
• 1 tsp mustard seeds
• 1/2 tsp cumin seeds
• A couple of fresh curry leaves
Method:
1. Heat oil in a pan and add in the mustard seeds. Wait until they start to fry. Then mix cumin seeds and curry leaves, sauté a few seconds and mix again.
2. Add ginger paste, green chilies, turmeric powder, potatoes, and mix. Place a lid on the pan and simmer on medium-low for 15 minutes.
3. Make sure to stir occasionally during this time, to avoid burning.
4. Add chopped cauliflower, mix again, and cover.
5. Simmer another 15 minutes, stirring occasionally.
6. When almost cooked, turn down the heat to low and add the rest of the seasonings, stirring and cooking for a few more minutes to blend all the flavors and ingredients.
7. Be careful not to break apart the cauliflower while mixing or overcooking it so it turns mushy.
8. Turn the heat off.
Squeeze a little lemon juice on top, garnish with the fresh coriander leaves and serve with basmati rice or chapatti.

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