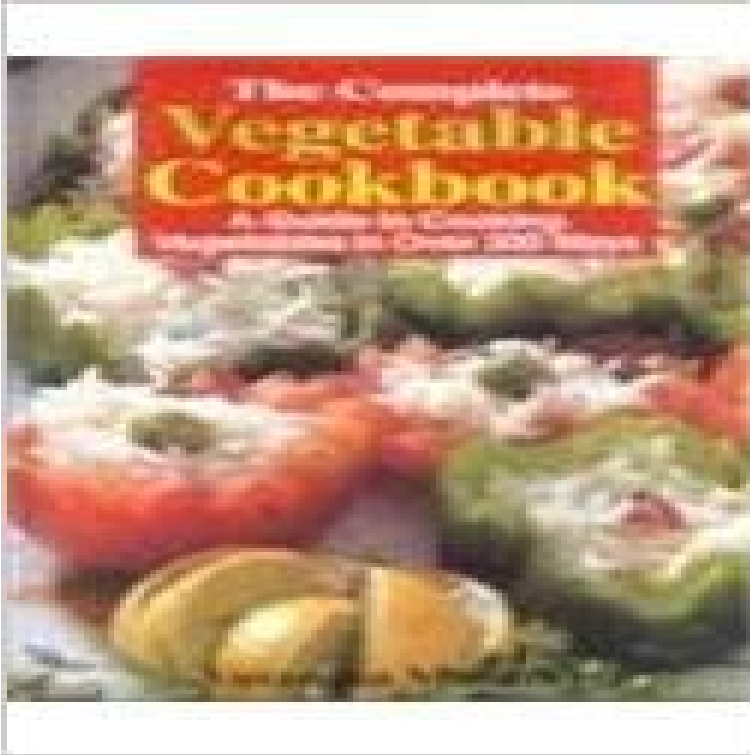


The Complete Vegetable Cookbook: A Guide To Cooking Vegetables In Over 300 Ways



This unique presentation describing the cooking of vegetables in myriad ways is the result of over fifty years of expertise in the kitchen. Every recipe has been tried, tasted and hailed by discerning gourmets. Arranged alphabetically, every chapter contains a number of recipes for cooking the concerned vegetables. The recipes the differing tastes, the different edible oils used, and the characteristic flavours of all the regions of India, besides some of the foreign lands. Every chapter begins with a brief note on the general nutritional value and the inherent medicinal properties of a particular vegetable. Though not quantified, the reader is enlightened about the overall contribution that the vegetable makes towards health living, particularly through old, time-tested recipes of grandmothers for coping with minor ailments. All over the world, presently, there is a growing awareness of the beneficial effects of a vegetarian diet. Unfortunately, there is widespread, but erroneous, impression that a vegetarian diet is inferior. The recipes in this book, about 300 of them, would dispel such notions, by appealing to the palate, and nourish the body.

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