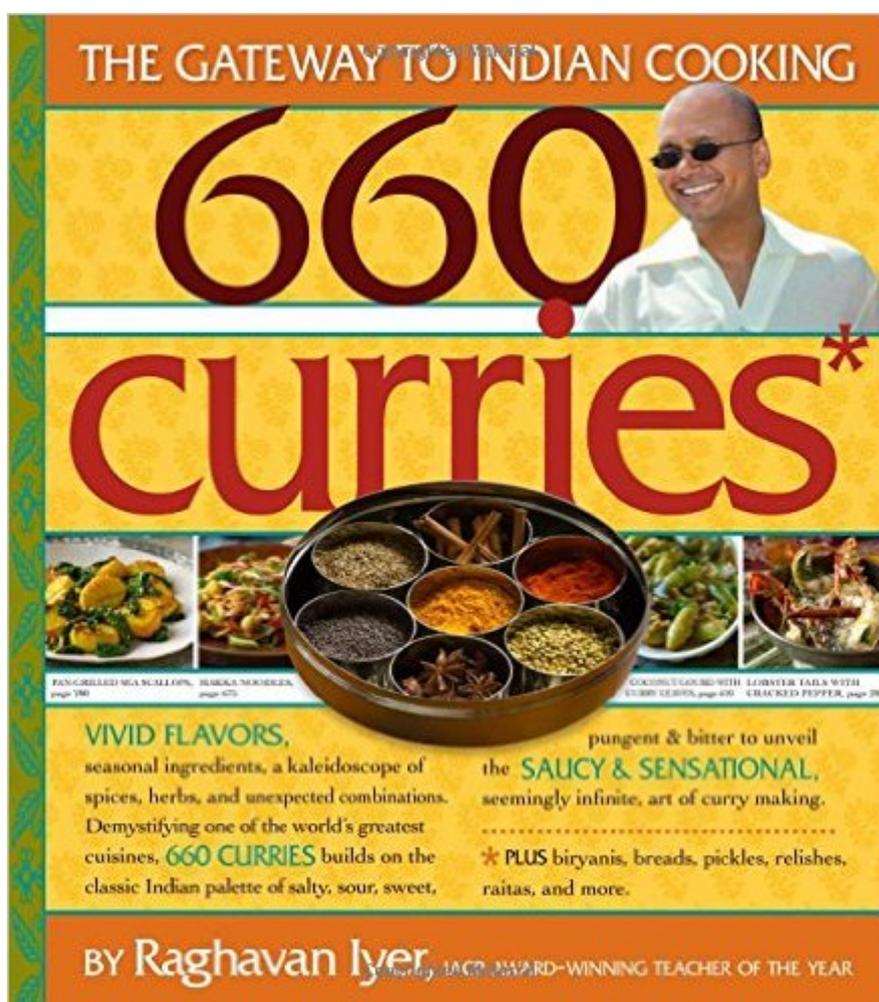


The book was found

# 660 Curries



## Synopsis

Curry is Salmon with Garlic and Turmeric. Curry is Grilled Chicken with Cashew-Tomato Sauce. Curry is Asparagus with Tomato and Crumbled Paneer. Curry is Lamb with Yellow Split Peas, Chunky Potatoes with Spinach, Tamarind Shrimp with Coconut Milk, Baby Back Ribs with a Sweet-Sour Glaze and Vinegar Sauce, Basmati Rice with Fragrant Curry Leaves. Curry is vivid flavors, seasonal ingredients, a kaleidoscope of spices and unexpected combinations. And 660 Curries is the gateway to the world of Indian cooking, demystifying one of the world's great cuisines. Presented by the IACP award-winning "winning Cooking Teacher of the Year (2004)", Raghavan Iyer, 660 Curries is a joyous food-lover's extravaganza. Mr. Iyer first grounds us in the building blocks of Indian flavors—the interplay of sour (like tomatoes or yogurt), salty, sweet, pungent (peppercorns, chiles), bitter, and the quality of umami (seeds, coconuts, and the like). Then, from this basic palette, he unveils an infinite art. There are appetizers—Spinach Fritters, Lentil Dumplings in a Buttermilk Coconut Sauce—and main courses—Chicken with Lemongrass and Kaffir-Lime Leaves, Lamb Loin Chops with an Apricot Sauce. Cheese dishes—Pan-Fried Cheese with Cauliflower and Cilantro; bean dishes—Lentil Stew with Cumin and Cayenne. And hundreds of vegetable dishes—Sweet Corn with Cumin and Chiles, Chunky Potatoes with Golden Raisins, Baby Eggplant Stuffed with Cashew Nuts and Spices. There are traditional, regional curries from around the subcontinent and contemporary curries. Plus all the extras: biryanis, breads, rice dishes, raitas, spice pastes and blends, and rubs. *curry, n.*—any dish that consists of either meat, fish, poultry, legumes, vegetables, or fruits, simmered in or covered with a sauce, gravy, or other liquid that is redolent with any number of freshly ground and very fragrant spices and/or herbs.

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## Customer Reviews

I love Indian food, and when I began to crave nothing else earlier this year, I decided it was time to learn how to cook it myself. After all, eating out several times a week is expensive, and the nearest decent Indian restaurant is an hour's drive from where I live. My copy of Madhur Jaffrey's *World Vegetarian* came to the rescue and served me well, but soon I wanted - needed! - more recipes. Then along comes this huge book of curries. Not only do the recipes sound mouthwatering, but the whole thing is written in a friendly, often downright impish manner, AND it includes a list of resources to help me find all the ingredients. Sold! That was about four months ago. Since then, I have cooked exclusively from this book with excellent results. Rice with Yogurt and Mustard Seeds has become a staple, along with Chowli Nu Dal, Garlicky Gourd and several others. A friend who knows from Indian food gave high marks to the Adrak Lasson Waale Chana Masala I made for her. I have found an Indian grocery store and learned my way around it. Some of the ingredient lists may be long and contain unfamiliar items, but don't let that scare you. The techniques are explained carefully and easy to learn. Sometimes I scale back a little on the amounts of oil and salt called for - that's just my personal preference. There is really no great trick to much of this stuff - heck, they cook it every day in India, right? Do follow Iyer's advice to have all the ingredients prepped before you start cooking, as some of the steps take only seconds to complete, and you won't have time for grinding and chopping while you cook. When you've got everything ready beforehand, the cooking is a happy experience.

I just got this book about a week ago. I've already tried several recipes and spice blends. I couldn't wait to write a review and tell everyone who loves Indian food that this is a "must-have" Indian cookbook. If you're only going to get one Indian cookbook, get this one! The recipes are pretty easy and just plain wonderful. I lower the heat in most of the recipes by reducing the amount of chili peppers. I just made the Spicy Potatoes and Spinach with Blackened Chilis and Coconut Milk. Superb! My husband loved it! I served it along side crispy fried chicken (it's the 4th of July weekend so I needed something with lots of deep fried goodness.) Indian food goes very well with fried chicken or roasted chicken. Try it, you'll be hooked. This potato recipe called for a special spice blend called Panch Phoron. The dish (including the spice blend) was extremely easy to make. I get all my spices and dried chilies from Penzey Spices. I buy the tiny fresh Thai peppers from a local

Asian market. They are sold in a small bag by the produce section (tiny red and green ones in the same bag.) When I don't have any fresh chili peppers on hand, I just use some cayenne pepper. What I love so much about this book is that no two curries taste the same. It's all about the use of spices and herbs. Once you get the hang of grinding and blending the whole spices, the curries come together in a flash. You will be so happy with the results! Penzey's makes it easy to make these flavorful spice blends. They even have hard-to-find spices like Nigella seeds and white poppy seeds. I must say that I have blended and grinded my own spices for years, using recipes from other Indian cookbooks. But, Raghavan is "spot-on" with all his spice blends.

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