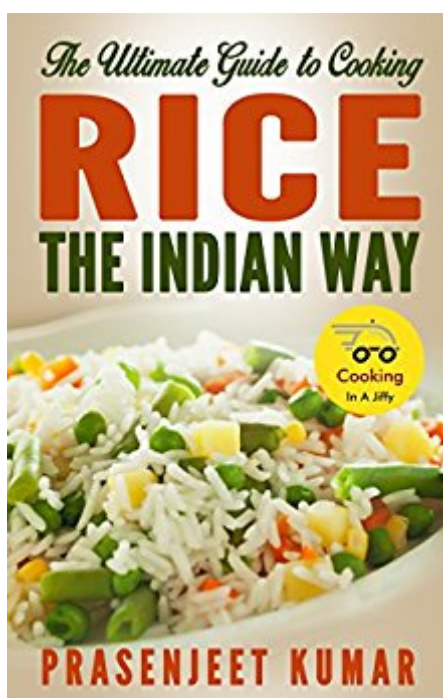


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The Ultimate Guide To Cooking Rice The Indian Way (How To Cook Everything In A Jiffy Book 6)



Synopsis

From a Bed for Curries, to Pilaf, Biryani, Khichdi, Idli, Dosa, Savouries and Desserts, No One Cooks Rice as Lovingly as the Indians Do**For a Limited Time Only: How to Create a Complete Meal in a Jiffy available at no cost if you purchase this book.**From Prasenjeet Kumar, the #1 bestseller of the 'Cooking In A Jiffy' series of books, comes the ultimate rice cookbook that anyone looking for gluten-free food should just grab with both hands. Cataloguing the legendary love affair that Indians have with rice.....The book narrates how rice forms an intrinsic part of every Indian's life from birth till death. Every religious ceremony has to involve rice. Rice is stuck on the red vermillion that is applied to your forehead as akshat. Rice is poured into the holy fire lit during religious ceremonies as an offering to the gods. Rice is sprinkled over guests, worshippers and the newlyweds to bless them, with the incantation: 'May your life be full of dhan (wealth) and dhanya (rice).' Rice is popular because it is one of the easiest foods to digest. Being totally gluten free, it is the best food for infants when they have to be weaned. For young adults and old people too, who may have wheat allergies or even celiac disease, adopting a rice diet would be what every sensible doctor would prescribe as the first step to adopting a totally gluten free diet. For the same reason, rice is great for relieving digestive disorders like diarrhoea, dysentery, colitis and even morning sickness. This is why 70% of the world, including USA and northern Canada, grows and consumes rice. Indians cook rice with anything and everything; with lentils, veggies, meat, fish, chicken and seafood. In addition, they have plain or spiced rice as a bed for curries and ground rice for making all kinds of pancakes like appams and dosas. Rice flour is also used for crisping savouries called pakoras. Most temples serve as prasadam (blessings) the Indian rice pudding called kheer or payasam. And then in many Himalayan states, from Ladakh to Sikkim, fermented rice is used for making the potent brew called chhang. In this background, this rice cookbook presents a total of 35 mouth-watering rice dishes, including 20 dishes where rice cookers can be used. There are eight plain rice recipes, five for cooking rice with lentils, five each for cooking rice with vegetables and meats, five ways to use rice in snacks and seven as desserts. There is no Chhang recipe, sadly because that is one dish that, as Prasenjeet says, is not made in his house! So what are you waiting for? Scroll up and grab a copy today.

Book Information

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Customer Reviews

What an amazing collection of outstanding recipes! Mesmerized with details and background of author. Top quality, a must read and a great book for every collector's library.

This guide to cooking rice the Indian way by Kumar is a one-stop shop on cooking rice. As I read it on my Kindle, I wrote up (and later printed out) two recipes to try which require little cooking. Kumar spells out the ingredients in full and gives 3 ways of cooking it, either in a pressure cooker, a pan or a rice cooker. Like his other books, Kumar gives the preparation time and the total time so one knows how long each recipe will take. Kumar is very thorough and repeats some steps to make it easier for a Kindle reader. All in all, a worthwhile cookery book for newbies and old hands.

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