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# Aarti Paarti: An American Kitchen With An Indian Soul



## Synopsis

A beautifully-written cookbook weaving Indian and Middle Eastern recipes from her childhood with American dishes she has grown to love--from the Food Network personality. AARTI PAARTI: An American Kitchen with an Indian Soul A collection of memories and 101 recipes from the popular blogger([www.aartipaarti.com](http://www.aartipaarti.com)) and Food Network personality. The recipes will make cooking with traditional Indian flavors and spices approachable for the US market. Aarti's stories will dissolve the "foreign-ness" of Indian flavors and make seemingly complicated technique and flavor accessible. She will take the intimidation factor out of cooking Indian food by simplifying traditional recipes, offering many specific how-to's, and also tips on using traditionally Indian spices in new ways, in everyday dishes. And there is a streak of Middle Eastern in some of these recipes given her youth in Dubai. Recipes include: Cornflake & Kaya French Toast, Real Deal Hummus, Masala Kale Chips, Mum's Everyday Dal, Sambar (Vegetable & Lentil Stew), Pregnancy Potatoes (Crispy masala potato wedges), Indian Street Corn, Saag Paneer, Quinoa Tabbouleh, Chickpea & Artichoke Masala, Tandoori Chicken, Bombay Sloppy Joes, Spicy Sticky Lamb Chops, Mango Pulled Pork Sandwiches, Masala Shrimp & Grits, Homemade "Magic Shell" with Garam Masala & Sea Salt, Strawberry-Rose Petal Shortcakes. Finally, the narratives that open each chapter are wonderfully evocative, telling the story of a woman who was an outsider experiencing many cultures and cuisines: an Indian in Dubai, going to a British school; an international student attending Northwestern University to become an American journalist; and a wife of a Los Angeles man who leaves her job at CNN and becomes a Food Network Star. She finds that food always saves her and encourages us all to find the warmth in cooking.

## Book Information

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## Customer Reviews

I couldn't wait to get my copy of Aarti's new cookbook and once I opened it, I couldn't put it down. On my first breeze through her cookbook, I gloried in the gorgeous photos of Aarti and her food -- drooling as I went. On my second time through, I read some of her stories and put post-it-notes on the recipes I planned to try. By the end of my second run through, my book had a forest of little strips sticking out of the top and I was ready to try something new. I love Indian food, but have been too intimidated to make it myself. The exotic spices, the different cooking techniques, the will-it-taste-as-good-as-I-hoped anxiety were enough to stop me cold. But Aarti's clear explanations of spices and techniques gave me the confidence to experiment and, since some friends were coming over, I decided to start with her Real-Deal Hummus. Oh, my. It did not disappoint and earned rave reviews. We all agreed Real-Deal Hummus was the best hummus we've ever eaten. So my anxiety about will-it-taste-as-good-as-I-hoped was put to rest, as well. I appreciated Aarti's simplified instructions and the extra tips she included, as well as, her explanation of how to serve it like they do back home. After my guests left, I sat down for a third, more leisurely read, lingering over the stories she tells about her life and love of family and cooking. It felt like Aarti was right next to me telling me about the time when she was a toddler and reached past her mom to grab a handful of onions that she immediately devoured. And now I'll know that, when I make her Chapatis, I won't just be making something delicious for my granddaughter, but I'll be passing along a recipe Aarti's Mumma made for her.

For some reason has stated that this review for the kindle, It is not for the kindle, it is for the actual book. Wow! What a book! I confess I am a "cookbook junkie". I have over 200 cookbooks, and Aarti Paarti is without doubt in the top five on my shelves. Two of the five are "The Joy of Cooking" and "Mastering the art of French Cooking", by Julia Childs. So Aarti's book is in good company. From the first page I knew this book was going to be different for the usual cookbooks. The photographs are truly beautiful, I am always willing to pay more for a cookbook with good photography in it. Aarti put not only all of herself in this book, but her family as well. Her love of family, friends, and God shined through on every page. I loved the stories! Aarti's description of Indian food, spices, traditions, made me dream that I was with Aarti in India! She puts you at ease from the beginning of the book and conquers your fears about cooking Indian food. I thought, well maybe I can do this.... The Bombay Sloppy Joes were fantastic! I admit I was a bit intimidated by some of the unheard of spices. I

thought, what the heck and dove right into this fabulous recipe. I didn't get the 5 stars from my friends that I cooked this for, I got 6 stars! (is there really such a thing as 6 stars?) I was informed after dinner that anytime I am cooking Indian food they must be the "guinea pigs, official taste testers, etc. ending with, "we are doing it for you" (me). Hummm.....The next adventure was Chicken Tikka Masala. This was so easy, it really was. For those of you that are a bit intimidated, don't be. Just dive in and relish the delicious marinated meat, spices so delicate, aromatic, and delicious. Yum, this is that good.

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