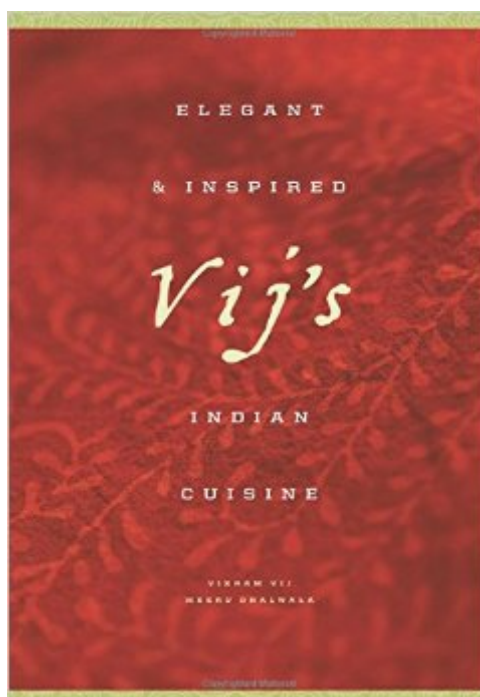


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# Vij's: Elegant And Inspired Indian Cuisine



## Synopsis

At Vij's, one of North America's most innovative Indian restaurants, owner Vikram Vij and his wife Meeru use the freshest local ingredients and original ideas to create exciting new takes on the cuisines of India. Though far from traditional, the dishes remain true to one glorious hallmark of Indian cooking: fabulous spicing. Among the luscious offerings included here are yogurt and tamarind marinated grilled chicken, seared venison medallions with fig and roasted pomegranate khoa, and marinated lamb popsicles in fenugreek curry. Vegetarian selections abound, with dishes like portobello mushrooms in porcini cream curry, coconut curried vegetables, and jackfruit with cayenne and black cardamom. Recipes for naan, chapattis, raiti, and other sides, staples, vegetables, and desserts allow readers to prepare an Indian feast from beginning to end. As beautiful and sumptuous as the recipes it contains, Vij's is a delicious manifesto for a new style of Indian cooking.

## Book Information

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## Customer Reviews

This is a brilliant book. I have been cooking Indian food for over 30 years, and this book has totally changed the way I think about Indian cooking. Where many Indian cookbooks have a long list of ingredients, this one tends to have fewer ingredients, but they are absolutely the \*right\* ingredients, and not in stinting quantities. The result is flavors that are crisp and bright. Because of the clear instructions and illustrations, I am now making my own paneer (cheese) at home. It's far superior to anything available in the stores and is much cheaper (less than \$2 a pound if you get milk on sale). I originally hesitated to buy this book because I'm vegetarian and many of the recipes are for meat

and seafood, but I'm very glad I got it. The non vegetarian recipes can often easily be adapted for meatless use. And there are quite a few meatless recipes. There are some editorial anomalies. For example in the recipe titled "Saut ed Arugula and Spinach with Paneer and Roasted Cashews," the arugula and spinach is in fact never saut ed. It is added to the liquid curry at the very end and cooked until wilted and heated through. Go figure. (Great recipe by the way, but reduce water to one cup from three.) I also found that the authors tend to use more liquid than I would. If you are an experienced cook and you feel that a recipe calls for too much liquid, trust your instinct and go with less to start with. You can always add additional if you need it. The only time this was a problem for me was when I made a lentil rice pilaf, using the quantity called for - it was one of the first recipes I made. There was so much liquid I had to cook it down much longer than I would have liked and the result was mushy. The flavor, however, was superb.

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