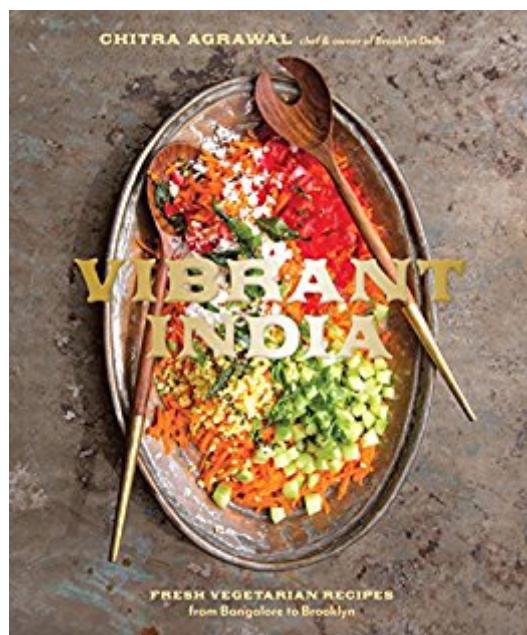


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# Vibrant India: Fresh Vegetarian Recipes From Bangalore To Brooklyn



## Synopsis

From the acclaimed chef and owner of Brooklyn Delhi, a debut cookbook focused on the celebrated vegetarian fare of South India. Lifelong vegetarian and chef Chitra Agrawal takes you on an epicurean journey to her mother's hometown of Bangalore and back to Brooklyn, where she adapts her family's South Indian recipes for home cooks. This particular style of Indian home cooking, often called the "yoga diet," is light and fresh, yet satisfying and rich in bold and complex flavors. Grains, legumes, fresh produce, coconut, and yogurt—along with herbs, citrus, chiles, and spices—form the cornerstone of this delectable cuisine, rooted in vegetarian customs and honed over centuries for optimum taste and nutrition. From the classic savory crepe dosa, filled with lemony turmeric potatoes and cilantro coconut chutney, to new creations like coconut polenta topped with spring vegetables 'upma' and homemade yogurt, the recipes in *Vibrant India* are simple to prepare and a true celebration of color and flavor on a plate. Chitra weaves together the historical context behind the region's cuisine and how she brought some of these age-old traditions to life thousands of miles away in Brooklyn during the city's exciting food renaissance. Relying on her experience as a culinary instructor, Chitra introduces the essential Indian cooking techniques, tips, and ingredients you'll need to prepare a full range of recipes from quick vegetable stir fries (corn, basil, and leeks flavored with butter, cumin, and black pepper), salads (citrus red cabbage and fennel slaw with black mustard seeds, curry leaves, and chile), yogurt raitas (shredded beets and coconut in yogurt), and chutneys and pickles (preserved Meyer lemon in chile brine) to hearty stews (aromatic black eyed peas, lentils, and greens), coconut curries (summer squash in an herby coconut yogurt sauce), and fragrant rice dishes (lime dill rice with pistachios). Rounding out the book is an array of addictive snacks (popcorn topped with curry leaf butter), creative desserts (banana, coconut, and cardamom ice cream), and refreshing drinks (chile watermelon juice with mint). Chitra provides numerous substitutions to accommodate produce seasonality, ingredient availability, and personal tastes. The majority of recipes are gluten-free and vegan or can be easily modified to adhere to those dietary restrictions. Whether you are a vegetarian or just looking for ways to incorporate more vegetarian recipes into your repertoire, *Vibrant India* is a practical guide for bringing delicious Indian home cooking to your table on a regular basis. From the Hardcover edition.

## Book Information

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## **Customer Reviews**

This cookbook is beautiful! I was so excited to purchase it when it came out the other week. My husband and I eat a primarily vegetarian diet at home, and this cookbook is filled with new and interesting veggie recipes. I have always enjoyed eating Indian food out, but as the author clarifies in the introduction, most of the Indian restaurants in the US feature the cuisine of Northern India. While I love all those rich curries and dishes, the Southern Indian recipes in this cookbook feature meals that are lighter, healthier, and full of fresh ingredients. So far, we have tried the roasted brussels sprouts and cauliflower dish, and a few of the soup recipes, and all have been delicious. Normally, I'm not a total cookbook guru--I typically make up my own recipes, look up stuff online, or reference the Joy of Cooking, but I love looking through this cookbook to get new ideas. I also appreciate how the author shared her personal family history and cultural context of this type of food--it gave me a deeper understanding of the ingredients and cuisine. I am also a sucker for how things look aesthetically, and I love that way this book is set-up, including the beautiful illustrations and photos that intersperse the recipes. I did have to pay a visit to an Indian market to stock up on some of the spices and other ingredients needed for many of the recipes, but now that I have them on-hand, I mostly just have to get the fresh vegetables when I want to cook something from this book. I would definitely recommend this cookbook to anyone who is interested in healthy, interesting recipes, or just needs some new flavors to get out of a food rut!

This cookbook has become my favorite. Everything is so delicious and not complicated. Some of the ingredients are somewhat different but I found everything I needed. It is worth seeking out the ingredients as the end result is superb.

I love the way the author demystifies Indian cooking in such a unique way. Learning the techniques to fry spices and apply unique flavors to dishes make this a valuable resource. particularly for vegetarian cooking.

I made the dosa and the potato filling. I recommend using a vitamix for the dosa. directions were accurate and the food came out perfectly. Just like a restaurant. I wouldn't augment the recipe at all. I think she offers useful tips too. In case you live somewhere cooler, use the microwave as a place to create a humid environment, I have a large selection of Indian books and this one will stay on the shelf as a go to.

gorgeous book; wonderful art and photos; charming stories and very personal approach to delicious (sounding) recipes. Although i have a heart connection to India, i am not much of a cook and am not sure i will actually make many of these delicious sounding dishes. BUT...i love the book, for browsing, reading, and inspiration. thank you for this gift!!

Beautiful book with simple recipes and easy to understand. Would be a great gift for anyone who is into Indian culture and cooking.

I have been following Chitra on Instagram for over a year now (@brooklyndelhi), and I was so excited when this cookbook came out! There are awesome recipes for classic dishes, as well as twists on old standards. I love this cookbook, and we use it all the time! Great for people who are new to South Asian cuisine, or those who are looking to expand their Indian food portfolio!

Haven't yet tried a recipe in this book that wasn't great!! If you enjoy Indian food...this is an EXCELLENT cookbook!!

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