



Quick-Fix Indian: Easy, Exotic Dishes in 30 Minutes or Less

Ruta Kahate

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For too long, Indian cuisine has been perceived as complex and time-consuming to prepare. *Quick-Fix Indian* aims at making Indian cooking accessible to everybody--the beginner, the experienced cook, absolutely anyone wanting to try his or her hand at a new cuisine.

The 125 dishes in *Quick-Fix Indian* are modern and fresh, yet rooted in tradition. These recipes are identifiable as Indian, but that's where the familiarity ends--most of these recipes haven't been seen before, anywhere.

While the dishes are simple to make, they are by no means simplistic. They are bright, modern, and complex tasting, belying the fact that they only took 30 minutes or less to prepare. The recipes range from quick breakfasts and soups, to curries, snacks, and sweet drinks. Some of the recipes included are: Chickpea Salad with Pomegranate , Stir-Fried Beef with Peppers, Beet Raita with Cilantro, Sweet Coconut Rice, Spicy Coastal Scramble, Pan-Fried Silky Eggplant, Coriander Shrimp with Zucchini, and Kids' Favorite Banans Fritters.

While most of the recipes use easy-to-acquire ingredients, there are a few that will require a trip to a health-food or Indian store. As an added bonus, the book also lists 'exotic' substitutions for readers who'd like to try them. For example, mustard oil adds a special zing to the Sprouted Mung Bean Salad, but canola oil works just fine.

And finally, this cookbook is fun. Written in a lighthearted manner, *Quick-Fix Indian* amuses readers while also providing solid information.

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