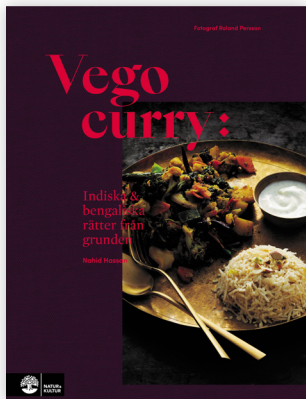


VEGETARIAN CURRY

THE ESSENTIALS OF INDIAN & BENGALI FOOD



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Vego curry

Nahid Hassan
180x250, 160p

In Vegetarian curry we are shown the basic principles of vegetarian curry cuisine, precisely the way it is done in India and Bangladesh.

Among the 60 wonderful recipes in the book are classics such as korma, tikka and daal, and many more fantastic dishes – everything from breakfast meals, bread and sweet desserts.

Learn step-by-step how to mix your own spice blends and pastas, cook vegetables and prepare the delicious staple mince *palak paneer*. With the side dish of *vadji* and a comprehensive selection of sauces, chutneys and raitas the Stockholm-based restaurateur Nahid Hassan opens the door to a total experience of Bengali food culture. We gain a unique insight into genuine family cooking, how it all works and what we need at home in the larder to quickly prepare vegetarian food that is full of flavour.



About the author

Nahid Hassan has been a restaurateur for 18 years and is the owner of the Shanti group with six Indian and Bengali restaurants in Stockholm. He is an ambassador for the food culture of his homeland Bangladesh and has won several international prizes for his restaurants and entrepreneurship.

Isa Ekstam is a vegetarian cook and food creator, with a passion for vegetarian food and exotic spices. She runs the GreenIsaDream company in Stockholm.



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