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Reviews

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(Jamar Stracke)

SHAKAHARI : QUICK AND EASY VEGETARIAN COOKING

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1995. Hardcover. Book Condition: New. 218 pages. English Simple and dishes have always attracted persons who are interested in Food & Food preparations. This Book has been specially planned for those who want to cope up with the modern developments in cooking and satisfy the taste of Family members and guests with delicious vegetarian meals which is nutritionally balanced and easy to prepare. These days when prices of commodities are pinching our pockets and readymade dishes are beyond our reach, this book becomes very useful as it also helps you in preparation of Biscuits, Breads, Cakes, Jams, Pickles, Sauces and even Ice-creams besides regular dishes. My 50 years of continuous cooking experience, encouragement & support from family members have resulted in a well balanced vegetarian cookery book which includes variety of dishes developed by my hardwork and creativity. My frequent visits to U.S.A. has given me confidence while including all western dishes In this book and specially the parlour Ice-creams recipes. Popular dishes from all parts of our country have got their due Importance in this book-whether it is Chole Bhature from North or Idli-Vada from South-Dhokla from Gujarat or Rasgulla from Bengal. Further to Indian dishes some popular dishes from Chinese, Mexican and Italian cookery have been carefully carved to suit your palate as they are becoming popular these days. I am sure that the lovers of food and cooking will be benefited by this book, but I would to dedicate this sincere work to housewives & specially to ly married. The need for a special work for housewives was felt during my cookery-classes. Many have attended my cookery demonstration classes in last ten years and their regular feed back has compelled me to share my knowledge and skill with you. I have prepared all the recipes in my...

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