

indian cookbook madhur jaffrey

Indian Cookbook Madhur Jaffrey has become a household name for anyone passionate about Indian cuisine. Renowned for her authentic recipes, accessible approach, and deep cultural insights, Madhur Jaffrey has played a pivotal role in introducing Indian flavors to a global audience. Her cookbooks serve as a comprehensive guide for both beginners and seasoned cooks eager to explore the rich tapestry of Indian cooking. In this article, we will delve into Madhur Jaffrey's influence on Indian cuisine, explore her most notable cookbooks, and highlight why her work remains a cornerstone for anyone interested in Indian culinary traditions.

Overview of Madhur Jaffrey's Impact on Indian Cuisine

Bridging Cultures Through Food

Madhur Jaffrey's journey as a culinary ambassador began with her passion for Indian food and her desire to share its flavors with the world. Her cookbooks serve not just as collections of recipes but as cultural narratives that bring the vibrant traditions of India into kitchens worldwide. Jaffrey's ability to translate complex spices and cooking techniques into clear, approachable instructions has made Indian cooking accessible to a global audience.

Authenticity and Simplicity

One of the hallmarks of Madhur Jaffrey's work is her dedication to authentic recipes. She emphasizes traditional ingredients, methods, and regional variations, ensuring that her readers experience the true essence of Indian cuisine. Simultaneously, she simplifies techniques without sacrificing authenticity, making her cookbooks suitable for cooks of all skill levels.

Educational Contributions

Beyond her cookbooks, Madhur Jaffrey has contributed through television shows, articles, and culinary demonstrations. Her efforts have elevated the profile of Indian cuisine and inspired countless chefs and home cooks to experiment with Indian spices, flavors, and cooking styles.

Key Madhur Jaffrey Cookbooks and Their Contributions

The Classic: "An Invitation to Indian Cooking"

- Published in 1973, this book is considered a foundational text on Indian cuisine.
- Features over 100 recipes covering a broad spectrum of Indian dishes, from appetizers to

desserts.

- Includes detailed explanations of spices, cooking techniques, and regional variations.
- Ideal for beginners and experienced cooks alike seeking a comprehensive guide.

"Madhur Jaffrey's Indian Cooking"

- Published in 1980, this cookbook is one of her most popular and influential works.
- Offers more than 200 recipes with step-by-step instructions and variations.
- Focuses on regional diversity, showcasing dishes from North, South, East, and West India.
- Includes useful tips on sourcing ingredients and adapting recipes to modern kitchens.

"World Vegetarian: The Essential Guide to Vegetarian Cooking"

- Published in 1999, this book broadens the scope by exploring vegetarian Indian dishes.
- Features hearty dals, vegetable curries, and innovative vegetarian dishes.
- Highlights the importance of spices and herbs in vegetarian cooking.
- Perfect for vegetarians and those seeking healthier, plant-based meals.

"Climbing the Mango Trees"

- A semi-autobiographical memoir published in 2006, blending recipes with personal stories.
- Provides cultural context alongside traditional recipes, enriching the culinary experience.
- Includes anecdotes about her childhood, family, and experiences as an Indian immigrant.
- Appeals to readers interested in the cultural and historical aspects of Indian food.

Why Madhur Jaffrey's Cookbooks Remain Relevant Today

Authentic Flavors Made Accessible

Madhur Jaffrey's recipes demystify Indian ingredients and cooking techniques. Her detailed explanations make it easier for modern cooks to recreate authentic dishes without extensive prior knowledge. This accessibility has helped preserve traditional recipes while allowing home cooks to experiment confidently.

Educational and Cultural Value

Her cookbooks are more than collections of recipes—they are cultural artifacts that provide insights into Indian history, geography, and culinary customs. This educational aspect adds depth to her cookbooks, making them valuable resources for culinary enthusiasts and scholars alike.

Adaptability and Modern Relevance

While rooted in tradition, Jaffrey's recipes often include suggestions for adapting dishes to contemporary tastes and ingredients. This flexibility ensures her cookbooks remain relevant amidst changing dietary preferences and ingredient availability.

How to Use Madhur Jaffrey's Cookbooks for Your Culinary Journey

Start with the Basics

If you are new to Indian cooking, begin with "An Invitation to Indian Cooking" to build foundational skills. Focus on mastering spice blends, rice dishes, and basic curries.

Explore Regional Flavors

Use "Madhur Jaffrey's Indian Cooking" to discover regional specialties. Experiment with North Indian gravies, South Indian dosas, or Bengali sweets to diversify your culinary repertoire.

Incorporate Vegetarian Dishes

Vegans and vegetarians can find inspiration in "World Vegetarian," which offers hearty, flavorful plant-based recipes that showcase India's rich vegetarian tradition.

Connect Through Personal Stories

Read "Climbing the Mango Trees" alongside the recipes to gain cultural insights and deepen your appreciation of Indian food's cultural significance.

Conclusion: Madhur Jaffrey's Enduring Legacy in Indian Cuisine

Madhur Jaffrey's contribution to the world of Indian cooking is unparalleled. Her cookbooks serve as timeless guides that blend authenticity with accessibility, making the flavors of India approachable for everyone. Whether you are a novice eager to learn the basics or an experienced chef seeking to deepen your understanding of Indian culinary traditions, her works provide invaluable resources. As Indian cuisine continues to gain international popularity, Madhur Jaffrey's cookbooks remain essential for anyone committed to exploring and honoring Indian food's rich heritage. Embrace her recipes, appreciate her cultural insights, and embark on a delicious journey into the heart of Indian flavors with her trusted guidance.

Frequently Asked Questions

Who is Madhur Jaffrey and what is her significance in Indian cuisine?

Madhur Jaffrey is a renowned Indian-American actress, food writer, and culinary expert known for popularizing Indian cuisine worldwide through her cookbooks and television shows.

What are some of Madhur Jaffrey's most popular Indian cookbooks?

Some of her most popular cookbooks include 'An Invitation to Indian Cooking,' 'Climbing the Mango Trees,' and 'Madhur Jaffrey's Indian Cooking,' which are considered classic references for Indian cuisine enthusiasts.

How has Madhur Jaffrey contributed to the global popularity of Indian food?

Through her cookbooks, television programs, and culinary expertise, Madhur Jaffrey has introduced authentic Indian recipes to Western audiences, making Indian cooking accessible and appreciated worldwide.

Are Madhur Jaffrey's recipes suitable for beginners interested in Indian cuisine?

Yes, Madhur Jaffrey's cookbooks are known for their clear instructions and approachable recipes, making Indian cooking accessible even for beginners.

What are some key ingredients commonly featured in Madhur Jaffrey's Indian recipes?

Key ingredients often include spices like cumin, coriander, turmeric, garam masala, as well as lentils, rice, yogurt, and fresh herbs, all used to create authentic Indian flavors.

Has Madhur Jaffrey received any awards or recognition for her work in cuisine?

Yes, Madhur Jaffrey has received numerous awards, including the James Beard Foundation Award and recognition for her contributions to culinary arts and Indian cuisine.

Where can I find Madhur Jaffrey's Indian cookbooks for purchase or online access?

Her cookbooks are available at major bookstores, online retailers like Amazon, and in digital formats for e-readers, making them easily accessible for home cooks.

What makes Madhur Jaffrey's approach to Indian cooking unique?

Her approach combines authentic regional recipes with clear, easy-to-follow instructions, emphasizing the cultural and flavor nuances of Indian cuisine for a global audience.

Additional Resources

Indian Cookbook Madhur Jaffrey: A Culinary Legend Bridging Tradition and Modernity

Indian Cookbook Madhur Jaffrey has become synonymous with authentic Indian cuisine outside of India, transforming how the world perceives and prepares Indian food. With her pioneering efforts, Jaffrey has not only popularized Indian recipes but also elevated them to a respected culinary art form globally. Her influence spans across generations and continents, making her a household name among food enthusiasts, professional chefs, and home cooks alike. This article delves into Madhur Jaffrey's remarkable journey, her contributions to Indian cuisine, her signature cookbooks, and her enduring impact on culinary culture.

Early Life and Culinary Beginnings

Madhur Jaffrey was born in Delhi in 1933 into a family with a strong literary and artistic background. Her early exposure to Indian traditions and flavors laid the foundation for her lifelong passion for food. Moving to London in the 1950s for her studies, Jaffrey was immersed in Western culinary techniques but remained deeply connected to her Indian roots.

Her initial foray into the culinary world was driven by a desire to introduce authentic Indian flavors to Western audiences, many of whom had limited exposure to the cuisine. She began by hosting

cooking demonstrations and writing articles, but her breakthrough came with her first cookbook, which would eventually become a cornerstone of Indian culinary literature.

The Role of Madhur Jaffrey in Popularizing Indian Cuisine

Madhur Jaffrey's influence on Indian cuisine can be summarized through her role as a culinary ambassador. During a time when Indian food was largely considered exotic or niche in Western countries, Jaffrey's approachable recipes, clear instructions, and cultural insights demystified Indian cooking for a broad audience.

Key aspects of her contribution include:

- **Authenticity and Accessibility:** Jaffrey emphasized authentic ingredients and traditional techniques while adapting recipes for home cooks unfamiliar with Indian spices and methods.
- **Cultural Context:** She infused her recipes with stories and historical context, helping readers appreciate Indian culture through its cuisine.
- **Media Presence:** Her appearances on television, notably in the PBS series "Madhur Jaffrey's Indian Cookery," brought Indian cooking into millions of homes in the United States and beyond.
- **Bridging Cultures:** Jaffrey's work fostered cross-cultural understanding, making Indian food a global phenomenon.

Her efforts paved the way for countless other chefs and cookbook authors, establishing a foundation for Indian cuisine's international popularity.

Key Cookbooks and Their Impact

Madhur Jaffrey authored numerous cookbooks that have become essential references for both novice and experienced cooks. Her writing style combines clarity with cultural insight, making complex recipes approachable.

Notable Cookbooks by Madhur Jaffrey

- "An Invitation to Indian Cooking" (1973):

This was Jaffrey's debut book and remains one of her most influential works. It introduced Western audiences to the fundamentals of Indian cuisine, including spice blends, regional dishes, and cooking techniques. The book's comprehensive nature set a new standard for Indian cookbooks, emphasizing authenticity and simplicity.

- "Madhur Jaffrey's Indian Cooking" (1984):

Considered a definitive guide, this volume offers an extensive collection of recipes from various Indian regions. It includes detailed explanations of spices, grains, and vegetables, helping readers master the essentials.

- "World Vegetarian" (1999):

Highlighting vegetarian Indian dishes, this book showcases the richness of plant-based cuisine. It

broadened the perception of Indian food as not only flavorful but also healthy.

- "Climbing the Mango Trees" (2000):

A memoir intertwined with recipes, this book offers personal stories from Jaffrey's childhood in India, giving readers a deeper cultural and emotional connection to the cuisine.

Impact of Her Cookbooks

Madhur Jaffrey's cookbooks have achieved widespread acclaim for their thoroughness and cultural sensitivity. They serve as both practical guides and cultural artifacts, preserving traditional recipes while making them accessible to a global audience. Her emphasis on authentic ingredients and techniques has influenced many chefs and food writers worldwide, fostering a new appreciation for Indian culinary arts.

Cooking Philosophy and Techniques

Madhur Jaffrey's approach to cooking reflects a deep respect for tradition balanced with an understanding of modern home-cooking needs. Her philosophy can be summarized as follows:

- Respect for Ingredients: She advocates sourcing fresh, high-quality spices, herbs, and produce, emphasizing their role in defining Indian flavors.
- Simplicity and Clarity: Recipes are designed to be straightforward, with step-by-step instructions that demystify complex dishes.
- Layering Flavors: Jaffrey underscores the importance of tempering spices, building flavor through slow cooking, and balancing taste profiles.
- Cultural Authenticity: While she adapts some recipes for Western kitchens, she remains committed to preserving the authenticity of Indian culinary traditions.

Her techniques often involve tempering spices in hot oil (tadka), slow-cooking dals and curries to develop depth, and using fresh ingredients to highlight natural flavors. Her guidance encourages home cooks to approach Indian cooking with confidence, fostering both experimentation and respect for tradition.

Legacy and Continuing Influence

Madhur Jaffrey's legacy extends beyond her cookbooks and television appearances. She has significantly influenced the global culinary landscape by:

- Educating Generations: Her books and media work have trained countless home cooks and professional chefs, many of whom cite her as a primary influence.
- Promoting Indian Cuisine: Through her efforts, Indian food transitioned from being seen as exotic or niche to a mainstream culinary choice in many countries.
- Cultural Preservation: Jaffrey's detailed storytelling and recipes serve as a preservation of Indian culinary heritage amid globalization.
- Inspiring New Voices: Contemporary Indian chefs and cookbook authors often acknowledge her role in paving the way for diverse representations of Indian cuisine.

Despite her age, Madhur Jaffrey remains active in culinary circles, continuing to inspire new generations with her passion and expertise.

Challenges and Criticisms

While Madhur Jaffrey is widely celebrated, her work has not been without critique. Some purists argue that her adaptations for Western audiences sometimes dilute the authenticity of traditional recipes. Others note that her focus on North Indian cuisine—often more accessible—may overlook the rich diversity of regional Indian food.

However, these criticisms are generally seen as minor compared to her overall contribution, with many appreciating her role in making Indian cuisine approachable and appreciated worldwide.

Conclusion: A Culinary Trailblazer

Indian cookbook Madhur Jaffrey stands as a towering figure in the world of culinary arts. Her dedication to authenticity, clarity, and cultural storytelling has transformed Indian cuisine from an exotic curiosity into a beloved global staple. Her cookbooks continue to inspire home cooks, professional chefs, and food enthusiasts, ensuring her influence endures across generations.

As Indian flavors continue to permeate international culinary scenes—from restaurant menus to home kitchens—Madhur Jaffrey's pioneering work remains a cornerstone of this ongoing culinary journey. Her legacy is a testament to the power of food as a bridge across cultures, a celebration of tradition, and an invitation to explore the rich tapestry of Indian flavors with confidence and curiosity.

[Indian Cookbook Madhur Jaffrey](#)

indian cookbook madhur jaffrey: Madhur Jaffrey's Indian Cookery Madhur Jaffrey, 2023-10-12 The 40th-anniversary edition of the beloved classic book on Indian home cooking, with 11 new recipes and gorgeous illustrations. Originally published in 1982, Madhur Jaffrey's Indian Cookery was the book that accompanied the TV series that inspired a generation to cook real Indian food, not the watered down version of it that had persisted in Britain for years. Now, this stunning updated edition - featuring 11 new recipes and a foreword celebrating the 40th anniversary - will inspire even more home cooks to make real Indian food at home. Recipes include classic dals, curries, chutneys and breads, as well as countless lesser-known traditional recipes and techniques to master Indian cooking for all occasions. Madhur Jaffrey's Indian Cookery is a classic cookbook from a trusted and authoritative voice, ready for the next generation to discover these delicious, authentic, failsafe Indian recipes that have stood the test of time.

indian cookbook madhur jaffrey: An Invitation to Indian Cooking Madhur Jaffrey, 2011-05-10 A beautiful fiftieth-anniversary edition of the essential Indian cookbook—the final word on the subject (The New York Times)—featuring a new introduction by the author and a new foreword by Yotam Ottolenghi An instant classic upon publication, this book teaches home cooks perfect renditions of dishes such as Mulligatawny Soup, Whole Wheat Samosas, and Chicken Biryani,

alongside Green Beans with Mustard, Khitcherie Unda (scrambled eggs, Indian style), and Nargisi Kofta (large meatballs stuffed with hard-boiled eggs). The “queen of Indian cooking (Saveur), Madhur Jaffrey helped introduce generations of American home cooks to the foods of the subcontinent. In *An Invitation to Indian Cooking*—widely considered one of the best cookbooks of all time and enshrined in the James Beard Foundation’s Cookbook Hall of Fame—Jaffrey gives readers a sweeping survey of the rich culinary traditions of her home. Living in London and homesick, she was prompted to re-create the dishes of her Delhi childhood. Jaffrey taught herself the art of Indian cuisine and, in this groundbreaking book, she shares those lessons with us all. Featuring more than 160 recipes, the book covers everything from appetizers, soups, vegetables, and meats to fish, chutneys, breads, desserts, and more. From recipes for formal occasions to the making of everyday staples such as dals, pickles, and relishes, Jaffrey’s “invitation” has proved irresistible for generations of American home cooks. Beautifully redesigned—and with a new foreword by the author and a new introduction by superfan, Yotam Ottolenghi—and featuring Jaffrey’s own illustrations, this anniversary edition celebrates *An Invitation to Indian Cooking*’s half a century as the go-to text on Indian cooking.

indian cookbook madhur jaffrey: Madhur Jaffrey's Instantly Indian Cookbook Madhur Jaffrey, 2019-05-07 “The only Instant Pot cookbook the world still needs ... Full of those timeless Indian recipes Jaffrey is known for.” —Priya Krishna, Bon Appetit Master Indian cooking at home with more than seventy recipes from the multi-James Beard Award-winning author who is revered as the “queen of Indian cooking” (Saveur). Here she shares inviting, easy-to-follow recipes—some entirely new, others reworked classics—for preparing fantastic Indian food at home. While these dishes are quick and easy to prepare, they retain all the rich complexity for which Jaffrey’s food has always been known, making this the only Indian cookbook with recipes designed for the Instant Pot you’ll ever need. RECIPES: From classics like butter chicken and buttery dal to new sure-to-be-favorites like kale cooked in a Kashmiri style and Goan-style clams, these recipes capture the flavorful diversity of Indian cuisine. EASY-TO-FOLLOW: Written with the clarity and precision for which Jaffrey has always been known, these are flavor-forward recipes that make the most of the Instant Pot’s unique functionality. A DIFFERENT KIND OF COOKBOOK: Rather than simply adapting recipes for one-pot cooking, Jaffrey has selected the essential dishes best suited for preparing using the Instant Pot, and created some all-new delectable dishes that make the most of its strengths. BEYOND THE INSTANT POT: Also included are thirteen bonus, no-special-pot needed recipes for the chutneys, salads, and relishes you need to complete any Indian meal. Think avocado-radish salad, fresh tomato chutney, and yogurt and apple raita. SPICES AND SPECIAL INGREDIENTS: Jaffrey provides a list of pantry essentials, from asafetida to whole spices, as well as recipes for her own garam masala blend and more. TIPS: Here too is Jaffrey’s advice on the best way to make rice, cook meat and fish in your Instant Pot, and more, based on her own extensive testing.

indian cookbook madhur jaffrey: An Invitation to Indian Cooking Madhur Jaffrey, 2023-11-21 A beautiful fiftieth-anniversary edition of the essential Indian cookbook—the final word on the subject (The New York Times)—featuring a new introduction by the author and a new foreword by Yotam Ottolenghi An instant classic upon publication, this book teaches home cooks perfect renditions of dishes such as Mulligatawny Soup, Whole Wheat Samosas, and Chicken Biryani, alongside Green Beans with Mustard, Khitcherie Unda (scrambled eggs, Indian style), and Nargisi Kofta (large meatballs stuffed with hard-boiled eggs). The “queen of Indian cooking (Saveur), Madhur Jaffrey helped introduce generations of American home cooks to the foods of the subcontinent. In *An Invitation to Indian Cooking*—widely considered one of the best cookbooks of all time and enshrined in the James Beard Foundation’s Cookbook Hall of Fame—Jaffrey gives readers a sweeping survey of the rich culinary traditions of her home. Living in London and homesick, she was prompted to re-create the dishes of her Delhi childhood. Jaffrey taught herself the art of Indian cuisine and, in this groundbreaking book, she shares those lessons with us all. Featuring more than 160 recipes, the book covers everything from appetizers, soups, vegetables, and meats to fish, chutneys, breads, desserts, and more. From recipes for formal occasions to the making of everyday

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indian cookbook madhur jaffrey: Indian Cookery Madhur Jaffrey, 2024-09-17 A beautiful new edition of the classic Indian cookbook, with all-new recipes, illustrations, and a new foreword by the author In 1982, with the premier of her now-legendary television program, *Indian Cookery*, Madhur Jaffrey firmly established herself as the queen of Indian cooking (*Saveur*). The show and this, its companion cookbook, helped to inspire countless home cooks to embrace real Indian food, many for the first time. In this stunning new edition, beautifully illustrated and featuring new recipes and a new foreword by the author, Jaffrey shares timeless dishes with a new generation. From dals, curries, and chutneys, to breads, rice dishes, and relishes, the 125 recipes in this book are a sweeping survey of the countless dishes of the subcontinent. A go-to resource for generations of readers, four decades after it was first published *Indian Cookery* remains the last word on the subject.

indian cookbook madhur jaffrey: Madhur Jaffrey's Quick & Easy Indian Cooking Madhur Jaffrey, 1996-05 Features more than seventy recipes for Indian dishes that can be prepared in thirty minutes or less, including silken chicken, fresh red chutney with almonds, and lamb with cardamom.

indian cookbook madhur jaffrey: Madhur Jaffrey's Quick and Easy Indian Cookery Madhur Jaffrey, 2001 If you have always believed that long slow preparation is essential to Indian food, this recipe book will make you think again. The world's favourite author on Indian cooking, Madhur Jaffrey, provides over 75 recipes for great Indian dishes, most of which can be prepared and cooked in 30 minutes or less. It includes quick recipes for every course - from soups and starters such as Gingery Cauliflower Soup to main courses such as Lamb with Cardamom or Prawns steamed with Mustard Seeds, as well as breads and rice, vegetables and desserts. Madhur also includes an easy-reference store cupboard guide and hints on time-saving techniques. Whether you're craving a quick chicken curry to eat after work or want to entertain friends without spending the day in the kitchen, this cookbook is a revelation and a great demonstration of the versatility of authentic Indian cuisine.

indian cookbook madhur jaffrey: Madhur Jaffrey's Indian Cookbook Madhur Jaffrey, 2002-03

indian cookbook madhur jaffrey: At Home with Madhur Jaffrey Madhur Jaffrey, 2010-10-19 For all who love the magical flavors of good Indian cooking and want to reproduce effortlessly some of the delectable dishes from that part of the world, here is a groundbreaking cookbook from the multi-James Beard Award-winning author who is revered as the "queen of Indian cooking" (*Saveur*). By deconstructing age-old techniques and reducing the number of steps in a recipe, as well as helping us to understand the nature of each spice and seasoning, she enables us to make Indian dishes part of our everyday cooking. • First, she tantalizes us with bite-size delights to snack on with drinks or tea. • A silky soup is mellowed with coconut milk; a spinach-and-ginger soup is perfumed with cloves. • Fish and seafood are transformed by simple rubs and sauces and new ways of cooking. • A lover of eggs and chicken dishes, Jaffrey offers fresh and easy ways to cook them, including her favorite masala omelet and simple poached eggs over vegetables. There's chicken from western Goa cooked in garlic, onion, and a splash of vinegar; from Bombay, it's with apricots; from Delhi, it's stewed with spinach and cardamom; from eastern India, it has yogurt and cinnamon; and from the south, mustard, curry leaves, and coconut. • There is a wide range of dishes for lamb, pork, and beef with important tips on what cuts to use for curries, kebabs, and braises. • There are vegetable dishes, in a tempting array—from everyday carrots and greens in new dress to intriguing ways with eggplant and okra—served center stage for vegetarians or as accompaniments. • At the heart of so many Indian meals are the dals, rice, and grains, as well as the little salads, chutneys, and pickles that add sparkle, and Jaffrey opens up a new world of these simple pleasures.

Throughout, Madhur Jaffrey's knowledge of and love of these foods is contagious. Here are the dishes she grew up on in India and then shared with her own family and friends in America. And now that she has made them so accessible to us, we can incorporate them confidently into our own kitchen, and enjoy the spice and variety and health-giving properties of this delectable cuisine.

indian cookbook madhur jaffrey: *The Essential Madhur Jaffrey* Madhur Jaffrey, 1999 Madhur Jaffrey is the authority on Indian food and is known and loved for her knowledgeable yet accessible writing on the subject. The *Essential Madhur Jaffrey* contains all her most popular recipes in one volume, including everything from delicious meat and fish curries to vegetarian meals and recipes for chutneys and pickles. Based on a broad range of regional Indian cuisines, the recipes have been selected to provide ideas for all kinds of occasions, from quick after-work meals to more elaborate entertaining. Informative introductions and notes on ingredients and equipment give fascinating background information. This is a classic collection from the leading name in Indian cooking.

indian cookbook madhur jaffrey: *Curry Easy* Madhur Jaffrey, 2011-01-25 Say goodbye to the takeaway and master the art of curry yourself with this collection of recipes from bestselling author and curry expert Madhur Jaffrey: 175 clear, accessible and simple recipes guaranteed to make your mouth water! Beautifully written and fully illustrated with stunning photography, this is a cookbook that you'll reach for time and time again. 'A true classic - fresh, intelligent and simply scrumptious' -- ***** Reader review 'Transforms Indian food into something relatively speedy to prepare at home' -- ***** Reader review 'Jaffrey is my 'go to' if I want something Indian and tasty' -- ***** Reader review 'This is definitely one of our best/favourite cookery books' -- ***** Reader review 'This is our go to recipe book for all Indian food' -- ***** Reader review 'Clear, concise recipes. Curry Easy is exactly what it says' -- ***** Reader review

In this delicious collection of recipes, Madhur Jaffrey shows us that Indian food need not be complicated or involve hours in the kitchen. Take a few well chosen spices and readily available ingredients, and in a few easy steps you can make a delicious prawn curry from Goa; succulent chicken baked in an almond and onion sauce; hearty Sri Lankan beef with coconut milk; a creamy potato and pea curry; tasty swiss chard stir fried with ginger and garlic; and a spicy dip with beans (canned of course), cumin, chillies and lime.... Whether you are cooking curry for the first time or have plenty of culinary experience and are looking for quick and easy recipe ideas, Madhur Jaffrey brings you all the tastes of India with the minimum of work - it really is Curry Easy!

indian cookbook madhur jaffrey: *Vegetarian India* Madhur Jaffrey, 2015-10-27 The "queen of Indian cooking" (Saveur) and seven-time James Beard Award-winning author shares the delectable, healthful, vegetable- and grain-based foods enjoyed around the Indian subcontinent. "The world's best-known ambassador of Indian cuisine travels the subcontinent to showcase the vast diversity of vegetarian dishes. Best of all: She makes them doable for the Western cook." —The Washington Post Vegetarian cooking is a way of life for more than 300 million Indians. Jaffrey travels from north to south, and from the Arabian Sea to the Bay of Bengal, collecting recipes for the very tastiest dishes along the way. She visits the homes and businesses of shopkeepers, writers, designers, farmers, doctors, weavers, and more, gathering their stories and uncovering the secrets of their most delicious family specialties. From a sweet, sour, hot, salty Kodava Mushroom Curry with Coconut originating in the forested regions of South Karnataka to simple, crisp Okra Fries dusted with chili powder, turmeric, and chickpea flour; and from Stir-Fried Spinach, Andhra Style (with ginger, coriander, and cumin) to the mung bean pancakes she snacks on at a roadside stand, here Jaffrey brings together the very best of vegetable-centric Indian cuisine and explains how home cooks can easily replicate these dishes—and many more for beans, grains, and breads—in their own kitchens. With more than two hundred recipes, beautifully illustrated throughout, and including personal photographs from Jaffrey's own travels, *Vegetarian India* is a kitchen essential for vegetable enthusiasts and home cooks everywhere.

indian cookbook madhur jaffrey: *Climbing the Mango Trees* Madhur Jaffrey, 2007-10-09 The enchanting autobiography of the seven-time James Beard Award-winning cookbook author and

acclaimed actress who taught America how to cook Indian food. "Wistful, funny and tremendously satisfying.... Jaffrey's taste memories sparkle with enthusiasm, and her talent for conveying them makes the book relentlessly appetizing. —The New York Times Book Review Whether climbing the mango trees in her grandparents' orchard in Delhi or picnicking in the Himalayan foothills on meatballs stuffed with raisins and mint, tucked into freshly baked spiced pooris, Madhur Jaffrey's life has been marked by food, and today these childhood pleasures evoke for her the tastes and textures of growing up. Following Jaffrey from India to Britain, this memoir is both an enormously appealing account of an unusual childhood and a testament to the power of food to prompt memory, vividly bringing to life a lost time and place. Also included here are recipes for more than thirty delicious dishes from Jaffrey's childhood.

indian cookbook madhur jaffrey: Madhur Jaffrey's Instantly Indian Cookbook Madhur Jaffrey, 2019-05-07 "The only Instant Pot cookbook the world still needs ... Full of those timeless Indian recipes Jaffrey is known for." —Priya Krishna, Bon Appetit Master Indian cooking at home with more than seventy recipes from the multi-James Beard Award-winning author who is revered as the "queen of Indian cooking" (Saveur). Here she shares inviting, easy-to-follow recipes—some entirely new, others reworked classics—for preparing fantastic Indian food at home. While these dishes are quick and easy to prepare, they retain all the rich complexity for which Jaffrey's food has always been known, making this the only Indian cookbook with recipes designed for the Instant Pot you'll ever need. RECIPES: From classics like butter chicken and buttery dal to new sure-to-be-favorites like kale cooked in a Kashmiri style and Goan-style clams, these recipes capture the flavorful diversity of Indian cuisine. EASY-TO-FOLLOW: Written with the clarity and precision for which Jaffrey has always been known, these are flavor-forward recipes that make the most of the Instant Pot's unique functionality. A DIFFERENT KIND OF COOKBOOK: Rather than simply adapting recipes for one-pot cooking, Jaffrey has selected the essential dishes best suited for preparing using the Instant Pot, and created some all-new delectable dishes that make the most of its strengths. BEYOND THE INSTANT POT: Also included are thirteen bonus, no-special-pot needed recipes for the chutneys, salads, and relishes you need to complete any Indian meal. Think avocado-radish salad, fresh tomato chutney, and yogurt and apple raita. SPICES AND SPECIAL INGREDIENTS: Jaffrey provides a list of pantry essentials, from asafetida to whole spices, as well as recipes for her own garam masala blend and more. TIPS: Here too is Jaffrey's advice on the best way to make rice, cook meat and fish in your Instant Pot, and more, based on her own extensive testing.

indian cookbook madhur jaffrey: Madhur Jaffrey Indian Cooking Madhur Jaffrey, 2003 Chef magazine called this book's author the best-known ambassador of Indian food in the United States. For many years a bestselling cookbook, this seminal title on Indian cuisine now has been totally revised, redesigned, enlarged, and enhanced with 70 brand-new full-color photos.

indian cookbook madhur jaffrey: Madhur Jaffrey Indian Cooking Madhur Jaffrey, 2003

indian cookbook madhur jaffrey: Foolproof Indian Cooking Madhur Jaffrey, 2002 In Foolproof Indian Cooking, Madhur Jaffrey reveals how easy it is to bring the flavors of India to your home. With 40 recipes featuring step-by-step instructions and clear, color photographs, now even beginners can cook a wide range of authentic Indian food. Add some spice to your everyday home cooking with the easy-to-prepare Goan shrimp curry and Tarka dal. Or try your hand at popular favorites like Chicken tikka masala, Rogan josh and Lamb Madras. There are also more exotic dishes suitable for entertaining, such as Creamy chicken korma with almonds, Shrimp in a butter-tomato sauce and Moghlai spinach with browned shallots. The tried-and-tested recipes include delicious soups and starters, classic curries with fish, meat, poultry and eggs, and tasty vegetables and accompaniments. With an inspiring range of menu suggestions and a guide to essential Indian ingredients, Madhur's foolproof instructions will guarantee excellent results every time. Book jacket.

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indian cookbook madhur jaffrey: The Madhur Jaffrey Cookbook Madhur Jaffrey, 1992

indian cookbook madhur jaffrey: Madhur Jaffrey's Curry Nation Madhur Jaffrey,

2012-10-11 Madhur Jaffrey, television's most-loved Indian cook, returned to our screens for a major new series for the Good Food Channel in October 2012. Travelling across Britain, visiting local Indian and South Asian communities, Madhur revealed how it's possible to sample virtually the whole of Indian cuisine without ever leaving the British Isles. In the official tie-in book to the series, Madhur Jaffrey showcases her favourite curry recipes with influences from all over the subcontinent: Punjabi, Goan, Parsi and Bengali amongst others. Carefully selected and adapted by Madhur, the recipes conjure up the colour and vitality of this vibrant culture, but keep to her mantra that Indian food doesn't need to be complicated. Always innovative and contemporary, Madhur will even give some of these traditional Indian recipes a twist - pairing Aloo Gobi with a very British roast lamb, for example. Whether it's the spicy, lentil-based specialities of Rajesthan, kebabs and kormas from Delhi, or coconut-infused curries from Kerala, we accompany Madhur Jaffrey on her very personal tour of our modern-day Curry Nation.

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