

the curry secret book

The Curry Secret Book: Unlocking the Flavors of Traditional and Modern Curry Cooking

The Curry Secret Book has become a must-have guide for culinary enthusiasts eager to master the art of making authentic and innovative curries. Written by renowned chef and food writer Kris Dhillon, this book offers a comprehensive exploration of curry recipes, techniques, and the cultural history behind one of the world's most beloved dishes. Whether you're a beginner or an experienced cook, The Curry Secret Book provides invaluable insights to elevate your curry-making skills and impress friends and family with flavorful, aromatic dishes.

What Is The Curry Secret Book?

An Overview of the Book's Content

The Curry Secret Book delves into the rich tapestry of curry cuisine, combining traditional recipes from India, Pakistan, Bangladesh, and other curry-loving regions with contemporary twists. It aims to demystify the process of making perfect curries at home by sharing practical tips, spice blends, and cooking techniques.

Who Is Kris Dhillon?

Kris Dhillon is a celebrated chef known for his expertise in South Asian cuisine. His approach emphasizes authentic flavors, fresh ingredients, and simple techniques that can be easily replicated in any kitchen. His passion for sharing culinary traditions is reflected throughout The Curry Secret Book, which has garnered praise from both home cooks and professional chefs.

Key Features of The Curry Secret Book

Comprehensive Curry Recipes

The book covers a wide range of curry styles, including:

- Indian Curries: Rich, creamy, and spicy options such as Butter Chicken, Lamb Rogan Josh, and Paneer Tikka Masala.
- Regional Variations: Dishes from specific areas like Punjabi, South Indian, and Bengali curries.
- Vegetarian and Vegan Options: Delicious plant-based curries with varied flavors.
- Seafood Curries: Flavorful recipes featuring fish, prawns, and other seafood.
- Innovative Twists: Modern interpretations and fusion recipes blending different culinary traditions.

Spice Blends and Ingredients

One of the standout features of The Curry Secret Book is its detailed guidance on spice mixes, including:

- How to create your own fresh spice blends at home.
- The importance of roasting spices for enhanced flavor.
- Recommendations for sourcing authentic ingredients.

Cooking Techniques

The book emphasizes simple yet effective techniques such as:

- Proper sautéing and tempering of spices.
- Layering flavors for depth.
- Balancing heat, acidity, and sweetness.

Cultural and Historical Insights

Readers gain understanding of the origins of various curries, their cultural significance, and regional variations, making the cooking experience more meaningful.

Benefits of Using The Curry Secret Book

For Home Cooks

- **Authentic Flavors:** Learn to create restaurant-quality curries at home.
- **Cost-Effective Cooking:** Make delicious meals without expensive ingredients or takeout.
- **Cooking Confidence:** Clear instructions and tips help even beginners succeed.

For Food Enthusiasts

- **Expanding Culinary Horizons:** Discover new recipes and flavor combinations.
- **Creative Inspiration:** Use the book as a springboard for developing your own curry recipes.
- **Cultural Appreciation:** Gain knowledge about the diverse culinary traditions behind curries.

How The Curry Secret Book Stands Out

Focus on Spice Crafting

Unlike other cookbooks that simply list ingredients, The Curry Secret Book emphasizes the importance of spice blends, teaching readers how to:

- Make their own garam masala, curry powder, and masala pastes.
- Understand the role of each spice in flavor development.
- Adjust spice levels to suit personal preferences.

Practical Advice and Tips

The author shares insider tips, such as:

- How to store spices for maximum freshness.

- The best cookware for making curries.
- Timing techniques to prevent overcooking or burning spices.

Suitable For All Skill Levels

Whether you're a novice or an experienced chef, the book offers guidance tailored to your level, ensuring everyone can create delicious curries.

Popular Recipes Featured in The Curry Secret Book

Here are some standout recipes that showcase the diversity and depth of the book:

Classic Indian Curries

1. Butter Chicken (Murgh Makhani): Creamy tomato-based chicken curry with rich spices.
2. Lamb Rogan Josh: Aromatic lamb curry flavored with Kashmiri red chili and browned onions.
3. Chana Masala: Spicy chickpea curry perfect for vegetarians.

Regional Specialties

1. South Indian Fish Curry: Tamarind and coconut milk create a tangy and creamy dish.
2. Bengali Fish Curry (Shorshe Ilish): Mustard-based fish curry with a subtle heat.
3. Punjabi Sarson Ka Saag: Mustard greens served with makki di roti.

Modern and Fusion Curries

1. Thai Green Curry: Incorporating Thai herbs and coconut milk.
2. Vegan Lentil Curry: Hearty and flavorful plant-based option.
3. Japanese Curry: Mild, sweet, and savory curry with a unique twist.

Tips for Making the Most of The Curry Secret Book

Practice Spice Blending

- Start by making small batches of spice mixes.
- Experiment with adjusting spice ratios to suit your taste.

Use Fresh Ingredients

- Fresh herbs like coriander and mint enhance flavor.
- Fresh spices provide more vibrant aromas compared to pre-ground options.

Master Basic Techniques

- Properly temper spices to unlock their full flavor.
- Use the right cookware, such as heavy-bottomed pots, to prevent burning.

Customize Recipes

- Adjust heat levels by modifying chili quantities.
- Incorporate seasonal vegetables or proteins to suit preferences.

Frequently Asked Questions About The Curry Secret Book

Is The Curry Secret Book suitable for beginners?

Absolutely. The book provides clear instructions and foundational techniques that help newcomers build confidence in curry-making.

Can I find the ingredients easily?

Most ingredients are readily available at local supermarkets or specialty stores. The book also guides on sourcing authentic spices online if needed.

Does the book include vegetarian and vegan options?

Yes, it features a variety of plant-based curry recipes suitable for vegetarians and vegans.

Are there tips for meal planning?

While primarily a recipe and technique guide, the book offers suggestions for batch cooking and storing curries for future meals.

Where to Buy The Curry Secret Book

The Curry Secret Book is available through various channels:

- Online Retailers: Amazon, Book Depository, and other major online bookstores.
- Local Bookstores: Many independent stores stock the book or can order it for you.
- E-Book Formats: Available for digital devices for instant access.

Final Thoughts

The Curry Secret Book is more than just a collection of recipes—it's a gateway to understanding and mastering one of the world's most beloved cuisines. With its focus on authentic flavors, spice mastery, and cultural insights, it empowers home cooks to recreate restaurant-quality curries with confidence. Whether you're seeking to perfect your basic curry skills or explore new regional and modern recipes, this book offers valuable guidance and inspiration.

Embrace the secrets within The Curry Secret Book and bring the rich, aromatic flavors of curry into your home kitchen today. Your taste buds will thank you!

Summary

- Comprehensive guide to traditional and modern curry recipes.
- Emphasis on spice blending and flavor layering.
- Suitable for all skill levels, from beginners to seasoned cooks.
- Incorporates cultural and regional insights.
- Offers practical tips for sourcing ingredients and cooking techniques.

Start exploring the flavorful world of curries with The Curry Secret Book and transform your cooking repertoire forever!

Frequently Asked Questions

What is 'The Curry Secret' book about?

'The Curry Secret' explores the history, health benefits, and recipes of traditional Indian curries, emphasizing the use of fresh spices and ingredients for wellness and flavor.

Who is the author of 'The Curry Secret'?

The book is written by Kris Winter, a chef and food enthusiast passionate about authentic Indian cuisine and healthy cooking.

Does 'The Curry Secret' include vegetarian and vegan recipes?

Yes, the book features a variety of vegetarian and vegan curry recipes, focusing on plant-based ingredients and traditional Indian cooking techniques.

Can beginners use 'The Curry Secret' to learn how to make curries?

Absolutely, the book is designed to be accessible for beginners, providing step-by-step instructions and tips for creating flavorful curries at home.

What nutritional benefits are highlighted in 'The Curry Secret'?

The book discusses how the use of spices like turmeric, cumin, and coriander can boost immunity, reduce inflammation, and improve overall health.

Is 'The Curry Secret' suitable for those with spice sensitivities?

Yes, the book offers guidance on adjusting spice levels to suit different tastes and sensitivities, making it accessible for a wide audience.

Where can I purchase 'The Curry Secret' book?

The book is available on major online retailers such as Amazon, Barnes & Noble, and in select bookstores worldwide.

Additional Resources

The Curry Secret Book: Unlocking the Mysteries of Indian Spices and Culinary Heritage

Introduction

The Curry Secret Book has garnered widespread attention among culinary enthusiasts, chefs, and home cooks alike, promising a transformative approach to understanding and preparing authentic Indian curries. Authored by renowned chef and food historian Priya Krishna, this comprehensive guide delves into the rich history, intricate spice blends, and cultural significance of Indian cuisine. With its blend of meticulous research and accessible recipes, The Curry Secret Book aims to bridge the gap between traditional culinary wisdom and modern cooking techniques, empowering readers to craft flavorful, authentic dishes in their own kitchens.

Unveiling the Origins and Cultural Significance

The Historical Roots of Indian Curry

Indian cuisine is celebrated worldwide for its complex flavors, aromatic spices, and diverse regional variations. The origins of curry, however, are deeply embedded in India's history, influenced by trade routes, invasions, and cultural exchanges over centuries. The Curry Secret Book emphasizes that understanding this history is essential to appreciating the true essence of Indian curries.

- Ancient Beginnings: Evidence of spiced dishes dates back to the Indus Valley Civilization, with archeological finds indicating the use of mustard seeds, turmeric, and other local spices.
- Medieval Influences: The Mughal Empire introduced Persian and Central Asian culinary techniques, enriching the local spice repertoire.
- Colonial Impact: British colonialism popularized curry in the UK, leading to adaptations and the global spread of Indian-inspired dishes.

Cultural Significance

Curry isn't just food; it's a reflection of India's social fabric, religious beliefs, and regional identities. The book highlights that certain spices hold spiritual and medicinal importance, and cooking styles vary from region to region, often influenced by local climate, agriculture, and history.

- Regional Variations: North Indian curries tend to incorporate dairy and wheat-based bread, whereas South Indian dishes favor coconut, rice, and tamarind.
- Festivals and Rituals: Many curries are integral to festivals, family gatherings, and religious ceremonies.
- Spiritual and Medicinal Aspects: Ingredients like turmeric, cumin, and coriander are not only flavoring agents but also valued for their health benefits.

Decoding the Spice Blends and Ingredients

The Art of Spice Blending

One of the core themes of *The Curry Secret Book* is demystifying the complex spice blends that define Indian curries. Unlike Western cooking, where individual spices are used in isolation, Indian cuisine often relies on carefully curated masalas—pre-mixed combinations—that elevate the dish's depth and flavor.

- Whole vs. Ground Spices: The book discusses the importance of using fresh, whole spices and the techniques for grinding them to preserve aroma.
- Household Variations: It emphasizes that spice blends can vary widely even within a region, often passed down through generations.
- Balancing Flavors: Mastering the balance of heat, sweetness, sourness, and spice is crucial for authentic taste.

Essential Spices and Their Roles

The book provides an extensive overview of key Indian spices, detailing their flavor profiles and culinary applications:

- Turmeric: Adds vibrant color and earthy bitterness; known for its anti-inflammatory properties.
- Cumin: Offers warm, nutty notes; used in tempering and spice blends.
- Coriander: Provides citrusy, floral undertones.
- Mustard Seeds: Impart pungency and are often used in pickles and tempering.
- Fenugreek: Slightly bitter, with a maple syrup aroma, used in masalas.
- Garam Masala: A blend of spices like cinnamon, cloves, cardamom, and black pepper; added towards the end for aroma.

The Power of Fresh Ingredients

The book advocates for sourcing fresh, high-quality spices and ingredients to achieve authentic flavors. It also explores the use of regional ingredients like curry leaves, tamarind, and coconut, which are pivotal in South Indian curries.

Mastering Curry Techniques: A Step-by-Step Approach

Foundations of Indian Curry Preparation

The *Curry Secret Book* emphasizes that mastering a few foundational techniques can unlock endless variations of curries. These include:

- Tempering (Tadka): Toasting spices in hot oil to release their essential oils and flavors.
- Building Flavors: Layering ingredients—onions, garlic, ginger, spices—step by step to develop complexity.
- Cooking Time: Balancing cooking durations to deepen flavors without overcooking delicate ingredients.

Key Techniques Explained

- Sautéing: Proper sautéing of onions and spices forms the base; caramelization adds sweetness.
- Simmering: Long, slow simmering melds flavors and tenderizes ingredients.
- Use of Acid: Incorporating ingredients like lemon juice or tamarind balances richness and adds

brightness.

Recipes and Variations

The book provides detailed recipes ranging from classic chicken curry to vegetarian options like lentil dal and vegetable korma. It also suggests regional twists and modern adaptations, encouraging experimentation.

Health and Culinary Benefits of Indian Curry

Nutritional Insights

Indian curries are often rich in antioxidants, vitamins, and medicinal compounds due to their spice content. The Curry Secret Book highlights:

- **Anti-inflammatory Properties:** Turmeric and ginger are powerful anti-inflammatory agents.
- **Digestive Aid:** Cumin, coriander, and fennel support digestion.
- **Low in Fat:** Many curries are cooked with minimal oil, especially when using techniques like pressure cooking.

Dietary Flexibility

The recipes cater to various dietary preferences:

- **Vegetarian and Vegan Options:** Use of legumes, vegetables, and plant-based proteins.
- **Gluten-Free Choices:** Many curries are naturally gluten-free, with rice or millet serving as staples.
- **Low-Sodium Alternatives:** Encouraging the use of fresh spices over salt for flavor.

The Modern Revival and Global Influence

From Traditional Roots to Contemporary Cuisine

While rooted in tradition, The Curry Secret Book recognizes the evolution of Indian curries in the modern culinary landscape. Chefs worldwide are reimagining classic recipes, blending Indian spices with international ingredients.

- **Fusion Dishes:** Incorporating elements like coconut milk in Thai-inspired curries or using local vegetables.
- **Health-Conscious Variations:** Reducing oil and sugar while maintaining flavor.
- **Presentation and Plating:** Emphasizing aesthetics to elevate everyday meals.

Popularity Beyond India

The global appetite for Indian cuisine continues to grow, driven by diaspora communities, culinary tourism, and food media. The book underscores that understanding authentic techniques and spice combinations is key to recreating the true flavors of Indian curries anywhere in the world.

Conclusion: The Curry Secret Book as a Culinary Treasure

The Curry Secret Book stands out as an invaluable resource for anyone eager to explore the depths of Indian cuisine. Beyond just recipes, it offers a nuanced understanding of the history, culture, and

science behind curry-making. By emphasizing the importance of fresh ingredients, precise techniques, and regional variations, the book empowers cooks to produce authentic, flavorful curries that honor tradition while allowing room for personal creativity.

Whether you are a seasoned chef or a home cook taking your first steps into Indian cooking, The Curry Secret Book serves as a comprehensive guide to unlocking the full potential of spices and creating dishes that are both delicious and meaningful. As Indian cuisine continues to captivate global palates, this book provides the keys to mastering one of its most iconic culinary expressions—curry—in all its rich, aromatic glory.

[The Curry Secret Book](#)

the curry secret book: The New Curry Secret Kris Dhillon, 2013-01-31 Kris Dhillon's first book, The Curry Secret, revealed the secret of the basic curry sauce used by Indian restaurant chefs. Since that book's first publication, there has been an increase in the variety of new and vibrant Indian dishes served in restaurants. Now her second book, The New Curry Secret, shows how to create these wonderful new dishes easily and expertly. The mouthwatering recipes include Chicken Chettinad, Lamb Kalia, Balti Subzi, Beef Badami, Fish Ambotik, Malabar Prawn Biryani, to name just a few. The New Curry Secret also includes a new recipe for the curry sauce - which smells great even in the making! Plus labour-saving ideas and tips to make cooking your favourite Indian restaurant food at home even easier.

the curry secret book: The Curry Secret Kris Dhillon, 2009-10-09 There is truly no other curry book like this one. The recipes are not the traditional cuisine practised by Indians at home but the distinctive and well-loved variety served in Indian restaurants worldwide. Since its first publication nearly twenty years ago The Curry Secret has been a bestseller. It has grown, by word of mouth and reader recommendation, into a cult classic - it has even spawned internet forums where readers rave about the sauce. Following requests from those readers, Kris Dhillon has now updated the book to include a wider choice of dishes and brand new recipes for even more mouthwatering curries as well as all the established favourites. From Chicken Tikka Masala to Onion Bhajee, Aloo Gobi to Lamb Biryani, everyone's favourite is here. Praise from readers: 'Truly an excellent book and one that any Indian restaurant fan who enjoys cooking should have' 'The Holy Grail of curry cook books' 'This book is so good it's unbelievable'

the curry secret book: The Curry Secret: Top 10 Meals Kris Dhillon, 2011-09-01 Taken from the bestselling, The Curry Secret: How to Cook Real Indian Restaurant Meals at Home, these top 10 meals represent the best Indian curry recipes and accompaniments for you to cook at home, giving you or your guests a truly mouth-watering Indian feast. There is truly no other curry book like this one. The recipes are not the traditional cuisine practised by Indians at home but the distinctive and well-loved variety served in Indian restaurants worldwide. Since its first publication nearly twenty years ago The Curry Secret has been a bestseller. It has grown, by word of mouth and reader recommendation, into a cult classic ♦ it has even spawned internet forums where readers rave about the sauce. Praise from readers: ♦Truly an excellent book and one that any Indian restaurant fan who enjoys cooking should have♦ ♦The Holy Grail of curry cook books♦ ♦This book is so good it♦s unbelievable♦

the curry secret book: The Curry Secret: Top 10 Recipes Kris Dhillon, 2011-09-01 Taken from the bestselling, The Curry Secret: How to Cook Real Indian Restaurant Meals at Home, these top 10 recipes represent the best Indian curry secrets for you to cook at home, giving you or your guests a truly mouth-watering Indian restaurant quality curry. There is truly no other curry book like this one. The recipes are not the traditional cuisine practised by Indians at home but the distinctive and

well-loved variety served in Indian restaurants worldwide. Since its first publication nearly twenty years ago *The Curry Secret* has been a bestseller. It has grown, by word of mouth and reader recommendation, into a cult classic -it has even spawned internet forums where readers rave about the sauce. Praise from readers: 'Truly an excellent book and one that any Indian restaurant fan who enjoys cooking should have' 'The Holy Grail of curry cook books' 'This book is so good it's unbelievable'

the curry secret book: *The Curry Secret* Kris Dhillon, 2000 This is the curry book with a difference! It reveals the secrets of Indian Restaurant Cooking, usually closely guarded by chefs worldwide, so that you can reproduce that elusive taste in your own kitchen. Learn how to create chicken, lamb, fish and vegetable curries of mouth-watering quality, as well as a wide variety of other Indian dishes.

the curry secret book: *The Curry Secret* Kris Dhillon, 1993

the curry secret book: *The New Curry Secret (NOT for TRADE)* Kris Dhillon, 2010-11-25

the curry secret book: *Curries and Spicy Dishes for Your Slow Cooker* Kris Dhillon, 2011 From the author of the bestselling phenomenon *The Curry Secret* a brand new book of curries and spicy recipes to liven up your slow cooking repertoire.

the curry secret book: *An Indian Housewife's Recipe Book* Laxmi Khurana, 2009-11-26 Laxmi Khurana's recipes have been handed down to her through the generations, and admired by her family and friends. Here, in her classic curry cookbook, she makes them available to everyone, so you can re-create authentic Indian meals for all the family - from starters to raitas, chutneys and pickles to sweets, as well as the ever popular curries - all with minimum fuss and maximum satisfaction that this is the real thing. Recipes for traditional 'family' dishes, not normally served in Indian restaurants Uses ingredients and spices that are widely available Simple, economical dishes that anyone can make Some reader reviews: 'The recipes are very simple and clear to follow. They produce the best curries I have ever made. The ingredients can all be found easily in any supermarket.' 'It doesn't require you to pre-prepare 6 basic sauces first. Just pick up the book and cook.' 'Good, honest and easy everyday cooking for those of us addicted to Indian food.'

the curry secret book: *The Curry Secret* Martha Stone, 2014-08-15 What is great about this curry book recipe is that each different countries of the world are well exemplified by samples of their curry recipes thereby giving this book a dash of Asian and Western culinary curry delights! Further, the recipes are varied making use of different curry powders, beef, chicken, seafood and even vegan curry dishes. Rest-assured, all recipes in this book are guaranteed to be lip smacking and delicious!

the curry secret book: *The Takeaway Secret* Kenny McGovern, 2011-02-01 The Takeaway Secret is a book which will enable readers to cook their own tasty takeaway food at home. After over 5 years of research and investigation, the secret ingredients and cooking techniques used by takeaway and fast food restaurants can now finally be revealed. In today's increasingly health conscious and now financially cautious world, there's never been a better time to learn the secrets of cooking your own takeaway food at home. From now on, the takeaway menu will become an inspiration to cook, not an expensive option for dinner. Some of the recipes which can now be faithfully recreated at home include Lamb Donner and Chicken Kebabs, Chicken and Vegetable Pakora, Szechuan Chicken, Sweet and Sour Chicken, Chicken Wings, Spare Ribs, Triple-Decker Burgers, Chicken Burgers, Spiced Onions, Kebab Sauces, Sub Rolls, Wraps and many more. Many recipe books call for an extensive and expensive list of ingredients, often interesting to read but impractical for everyday cooking. The Takeaway Secret will stand out as the modern cookbook, ideal for a generation of people who desire delicious food, delivered quickly without the need to slave over a hot stove for hours on end. The recipes included make it possible for home cooks, both novice and professional, to recreate their favourite takeaway and fast food restaurant dishes in their own kitchen.

the curry secret book: *Thai Cookery Secrets* Kris Dhillon, 2010-04-29 Discover how to create delicious Thai dishes using easily available ingredients and with surprisingly little effort. Kris Dhillon

explains the basic principles of Thai cooking - fresh, flavoursome ingredients, correctly combined and quickly cooked - so that you can achieve the wonderful flavours Thai cooking is famous for. Many Thai restaurants in the Western world barely capture the true essence of Thai food but Kris shows how you can match the best Thai food from Thailand. Recipes include perfect pad thai, easy stir fries, aromatic soups, Thai tempura, quick vegetarian side dishes like steamed bok choy and garlicky broccolini, and a large variety of curries including the classic Thai green curry.

the curry secret book: *More Takeaway Secrets* Kenny McGovern, 2012-05-17 Readers loved the simple and quick recipes in Kenny McGovern's original *The Takeaway Secret*, helping them to create their favourite takeaway dishes at home. Now Kenny reveals more secret recipes for burgers, kebabs and pizzas, as well as popular dishes from Chinese, Indian and Mexican takeaways, not forgetting the local deli and chip shop! Along with such classics as King Rib, Salt and Pepper Chilli Chicken and Tandoori King Prawn, you can also enjoy a bacon, cheese and folded-egg omelette bagel for breakfast, BLT salad for lunch and even a mid-afternoon chocolate brownie or Ice Cream Frenzy. Unique new recipes, as requested by readers. The secret sauces, ingredients and tastes which make takeaway food such a treat. More takeaway favourites, including recipes for breakfast, lunch and dessert. Save money and eat more healthily! Reader praise for *The Takeaway Secret*: 'A little gem'; 'Fantastic, authentic recipes'; 'A must for fast-food fans'; 'Amazing'; 'Easy step-by-step instructions'; 'Great for students'.

the curry secret book: Hitler's Secret Book Lin Xun, Micky Barnetti, Aunt Jemima, Many secrets revealed about Adolf Hitler, including - 1. NEW HITLER DISCOVERY: Hitler renamed his political party from DAP to NSDAP - National Socialist German Workers Party - because he needed the word Socialist in his party's name so that Hitler could use swastikas as S-letter shaped logos for SOCIALIST as the party's emblem. The party's name had to fit in Hitler's socialist branding campaign that used the swastika and many other similar alphabetical symbols, including the "SS" and "SA" and "NSV" and "VW" etc. He was selling socialism by selling flags and related merchandise (cf. Francis Bellamy). The "new discovery" part is that the public doesn't know that Hitler's use of the swastika as alphabetical symbolism is a reason why he changed the name of the party (adding the word "socialist"). The new discovery is also that it is additional proof that Hitler employed the swastika as alphabetical symbolism of "S"-letter shapes for his socialism. The discoveries are from the historian Dr. Rex Curry's work. 2. NEW SWASTIKA DISCOVERY: Vladimir Lenin's swastika is revealed herein. The impact of Lenin's swastikas was reinforced at that time with additional swastikas on ruble money (paper currency). The swastika became a symbol of socialism under Lenin. It's influence upon Adolf Hitler is explained in this book. 3. Hitler altered his own signature to reflect his "S-shapes for socialism" logo branding. 4. There is no evidence that Hitler ever used the word "swastika" in his life. 5. The term "swastika" never appears in the original *Mein Kampf*. 6. Hitler and his supporters self-identified as "socialists" by the very word in voluminous speeches and writings. The term Socialist appears throughout Hitler's book "*Mein Kampf*" as a self-description by Hitler. 7. Hitler never called himself a Nazi. There was no "Nazi Germany." There was no "Nazi Party." Those terms are slang to hide how Hitler and his comrades self-identified: SOCIALIST. 8. Hitler never called himself a "Fascist." That term is misused to hide how Hitler and his comrades self-identified: SOCIALIST. 9. The term "Nazi" isn't in *Mein Kampf* nor in *Triumph of the Will*. 10. The term "Fascist" never appears in *Mein Kampf* as a self-description by Hitler. 11. Soviet socialists and German socialists partnered for International Socialism in 1939. They launched WWII, invading Poland together, and continued onward from there, killing millions. Soviet socialism had signed on for Hitler's Holocaust. 12. After Hitler's death, Stalin continued the plan he had made with Hitler for Global Socialism. Stalin took over the same areas that Hitler had captured. He used the same facilities that Hitler had used. Hitler's Holocaust never ended. Stalin replaced Hitler. 13. Nazi salutes and Nazi behavior originated in the USA from the "Pledge of Allegiance to the Flag." The pledge was written by an American National Socialist named Francis Bellamy. Francis Bellamy was the cousin of Edward Bellamy, another infamous American National Socialist. They worked together to promote their dogma in the USA. 14. The classic military salute (to the brow) also

contributed to the creation of the Nazi salute (with the right-arm extended stiffly). 15. The Bellamy cousins promoted socialist schools that imposed segregation by law and taught racism as official policy. 16. Mussolini was a long-time socialist leader, with a socialist background, raised by socialists to be a socialist, and he joined socialists known as “fascio, fasci, and fascisti.” 17. Fascism came from a socialist (e.g. Mussolini). Communism came from a socialist (e.g. Marx). Fascism and Communism came from socialists. Hitler’s political philosophy continues to be admired by modern politicians. Bernie Sanders self-identifies the same as Hitler: SOCIALIST. Alexandria Ocasio Cortez self-identifies the same as Hitler too. They also admire Marx. Other politicians gladly adopt and repeat the same ideas even if they are too dishonest to admit that they are socialists. Every election witnesses Americans struggling to bring Germany’s past into the present. MSM polling reports that 70 percent of millennials say they would vote for a candidate who self-identifies the same as Hitler (2019 YouGov poll). According to another report, 60 percent of Millennials (age 24-39) support a “complete change of our economic system.” Hitler and Marx were anti-bourgeois and advocated revolution. Many people long for the same revolutions. The Deutschland’s two top germs continue to spread globally. China drooled over Marx the embarrassing video “Chinese President Xi Jinping delivers speech on anniversary of Marx’s birth” (2018). China is humiliated by the same old German who influenced Hitler. Of course, China has the largest population (billions) who self-identify the same as Hitler: SOCIALIST (the same way that Marx self-identified). China’s lethal attraction to Marx and Hitler was huge compared to the USA’s. That is why the books of Marx and Hitler were once considered too dangerous for the general public. But *Mein Kampf* was a bestseller as recently as 2017. Its popularity grows worldwide. It has always been one of Amazon’s better-selling book titles. Hitler and Marx are always trending on the internet. Germany’s two top white male racist political philosophers stay in vogue despite their stale policies. Ideas from the Deutschland duo are adored and repeated often on social media and by the mainstream media (MSM) in the USA. Hitler, Stalin, Mao, Mussolini, and other tyrants were influenced by propaganda in the USA, including the childish American socialists Francis Bellamy and Edward Bellamy. Both Bellamy cousins wanted government to take over all schools, to teach socialism to all youngsters worldwide. Francis Bellamy was the author of the Pledge of Allegiance to the flag, the source of the infamous stiff-armed salute adopted later under German socialism and Adolf Hitler. Long before the Deutschland fad began, American schoolchildren were taught to chant in unison and perform the same salute each day in government schools that imposed segregation by law and taught racism as official policy. Anyone who rejected the ritual in the schools was persecuted. “America’s Nazi salute” was often performed by public officials in the USA from 1892 through 1942. What happened to old photographs and films of the American Nazi salute performed by federal, state, county, and local officials? Those photos and films are rare because people don't want to know the truth about the government’s past. TV, newspapers and other MSM will not show a historic photo or video of the early American straight-arm salute nor mention its history and impact worldwide.

the curry secret book: *Slow Cooking Properly Explained* Dianne Page, 2011-04-01 Dianne Page's collection of over 100 traditional family recipes for the slow cooker has been a bestseller for many years and is perfect for those who are buying (or thinking of buying) their first slow cooker, as well as for the expert. Now updated to cover the latest developments in slow cooking, her recipes prove that slow cookers not only produce tasty soups, stews and casseroles, but are also ideal for cooking fish, fruit and vegetables. Slow cooking enables the food's flavours to blend and develop. It tenderizes even the toughest, cheapest meats, offers flexible meal times for busy families and produces no cooking smells and steam in the kitchen.

the curry secret book: *Slow Cooking: Best New Recipes* Annette Yates, 2017-12-14 You can cook far more than traditional soups and casseroles in your slow cooker. You can enjoy delicious dishes at any time of the day from lazy breakfasts to cool cakes. Whether you're feeding the family, entertaining friends or planning a small-scale meal for one or two, there's a recipe to suit the occasion in this revised edition of Annette Yates and Norma Miller's bestseller, originally entitled *Fresh Ideas for Your Slow Cooker*. Here's just a taste of the ingredients: Chocolate and Lime

Pancakes; Courgette & Mushroom Frittata; Thai Curry Soup with Pork, Chilli & Lemon Grass; Trout & Fennel Pasta; Oriental Chicken with Egg Noodles; Tropical Fruit Pudding; Sticky Pineapple & Cinnamon Cake. Includes a quick-check index so you can select meals for the time you have available.

the curry secret book: Investigation of the Assassination of President John F. Kennedy: September 22, 25, and 26, 1978 United States. Congress. House. Select Committee on Assassinations, 1978

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