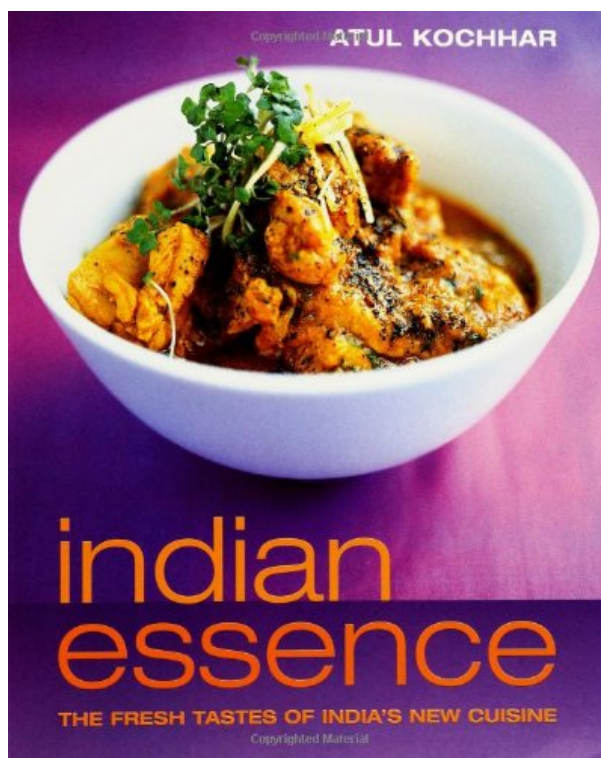
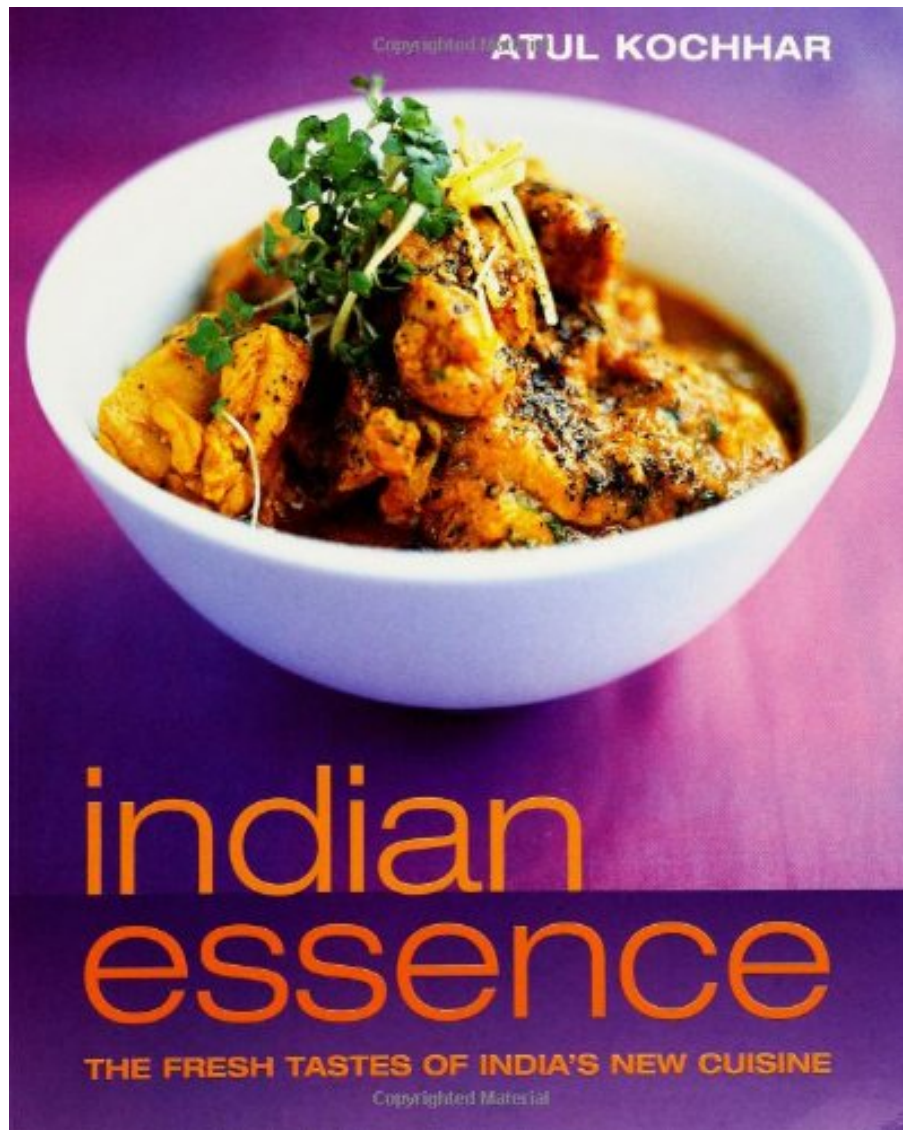


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## About the Author

Born in Jamshedpur, east India, Atul Kochhar began his career at the exclusive Oberoi Hotel in New Delhi, before moving to London in 1994. Over the past nine years he has established himself as one of Britain's most critically acclaimed chefs; while head chef at Tamarind he became one of only two Indian chefs in the world to be awarded a coveted Michelin star. Atul now has his own restaurant, Benares in Berkeley Square, Mayfair, which receives excellent reviews and nominations for several restaurant awards.

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With this beautiful cookbook by one of the world's top Indian chefs, readers can explore India's rich and varied cuisine at home. Atul Kochhar was born and trained in India, and is one of the world's only Indian chefs to receive a prestigious Michelin star. In Indian Essence, he presents over 140 recipes drawn from the restaurants, street stalls, and homes of every region of India. There are rich Moghul dishes, vegetarian delights from Tamil Nadu, coconut-based curries from Goa and Kerala, and seafood dishes from Calcutta. Atul provides insight into India's diverse food culture and explains how to assemble authentic menus, from a Kashmiri wazwan -- a traditional Northern feast -- to a Gujarati thali -- a selection of Southern dishes served on a banana leaf. Thoroughly researched and illustrated with colour photographs, Indian Essence is an inspiring culinary journey through a fascinating country.

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good recipes but some hard to follow

By DD

I like this cookbook in that there are some easy and great ideas. I am not a beginner cook but am new to indian cuisine. The only problem I have with this book is that some things are hard to follow, like some steps are left out or are not clear like cooking times. I made a few recipes and some never looked even remotely

like the picture, and I read and re-read everything numerous times. I tried a chapati recipe and it turned out dense, plain and nothing like I had tried in a restaurant. Maybe I am just bad at this new type of cooking, but I have always been a naturally good cook and was surprised at how frustrating some of these things were to understand. I will keep at it though and hope to tweak things so they do turn out. I want to be good at this, we do not have an indian restaurant where I live and I love it so.

0 of 0 people found the following review helpful.

India International

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As good as it can get. The book focuses not just on recipes but also on presentation. The highlight of the book in my opinion is the presentation of the dishes!

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Excellent

By M. Bhide

One of the best books on Indian cooking that I have ever cooked from. Bravo!!

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