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# Art Of Indian Vegetarian Cooking

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Lord Krishna's Cuisine  
Plant-Based India  
The Art of Indian Vegetarian Cooking  
Healthy South Indian Cooking  
The Art of Indian Vegetarian Cooking  
Exciting Vegetarian Cooking  
An Invitation to Indian Cooking  
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Chetna's Healthy Indian  
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Entice With Spice  
The Best of Lord Krishna's Cuisine  
Classic Indian Vegetarian Cookery  
Wonderworld of Vegetarian Cooking  
Prashad Cookbook  
The Art of Indian Vegetarian Cooking  
Complete Book of Indian Cooking  
How to Cook Indian  
Vegetarian Indian Cooking: Prashad  
Art of South Indian Cooking  
The Hare Krishna Book of Vegetarian Cooking  
Yamuna's Table  
Mastering the Art of Indian Cooking  
Prashad At Home  
Cooking with Kurma  
Great Vegetarian Dishes  
Vegetarian Indian Cooking with Your Instant Pot  
Beyond the Curry with Bharti  
Fresh India  
Tarkari  
Vibrant India  
The Art of Indian Sweets  
Vegan Indian Cooking

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## DEACON KALEIGH

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*Lord Krishna's Cuisine* Sanjay & Co Quick Flavorful Plant-Based Dishes Made Easy Manali Singh, founder of the popular blog Cook with Manali, shares her secrets to making your favorite traditional Indian dishes faster and healthier in your Instant Pot® or other multifunction cooker. And the majority of her wonderfully spiced recipes are also vegan—or can be easily made vegan—so it's perfect for specific diets or anyone who wants to include more plant-based meals in the weekly rotation. Enjoy classics like Matar Paneer and Chana Masala, as well as traditional street foods like Pav Bhaji, a medley of spicy mashed veggies eaten with dinner rolls, and Vegetarian Momos—healthy dumplings steamed to perfection. And don't forget dessert! Indulge in Chai Crème Brulee or Kalakand, spiced Indian milk fudge. Whether you're new to the Instant Pot® or it's a staple in your kitchen, Manali's 75 recipes will show you how to easily prepare and enjoy authentic favors of Indian cuisine in your own kitchen.

### *Plant-Based India* Abrams

The 660 recipes, extensive appendices & "Cook's Workshop" include more than 20,000 American & metric weights & measures, each one checked twice in double-blind kitchen tests to assure accuracy & ease of cooking. The author, who comes from a family of gourmet chefs, spent six years in India researching the work & concluded that India's vegetarian cuisines spring from a vision of cooking as yoga, as a spiritual practice meant to purify & uplifts the soul.

### The Art of Indian Vegetarian Cooking

Knopf

Eating fresh, locally-grown vegetables

each day is healthy for you and the planet—and now, with this Indian cookbook, vegetarian meals don't have to be boring! This new vegetarian Indian cookbook by acclaimed author and caterer Shubhra Ramineni proves just how fun cooking with vegetables can be. It includes over 80 recipes showing you how to prepare vegetables and fruits the Indian way—with many easy-to-make vegan and gluten-free alternatives as well. When Ramineni became a mother, one of her top priorities was to ensure that healthy and delicious home-cooked vegetarian meals would be a central part of her daughter's childhood experience. Her mother is a nutritionist and skilled Indian cook, so with her help, Ramineni set about transforming the seemingly bland vegetarian diet into the fantastic array of great-tasting meals and snacks in this vegetarian cookbook. Indian cooks have a centuries-old tradition of crafting fresh vegetables into tempting meals, since India is the home of vegan and gluten-free eating. Ancient Indian Vedic practices have also resulted with India claiming the world's most extensive range of natural food flavorings—including many spices like turmeric, ginger, and cumin, which have proven health benefits. With a few of these Indian spices in your pantry, along with this cookbook, you can effortlessly whip up flavorful dishes, like: Split Chickpea and Zucchini Stew Coconut Vegetable Curry with Tofu Tandoori Tofu Kebabs Vegetable Pilaf And over 75 more, with vegan and gluten-free modifications! Your friends and family will be amazed at what you can create using vegetables!

### *Healthy South Indian Cooking* Sanjay & Co

"A remarkably skillful job of bringing authentic Indian flavors to the American

kitchen.”—David Rosegarten, author of *The Dean & DeLuca Cookbook* and host of *Taste* (TV Food Network) Recipes include: • Cucumber Pirogue • Spicy Potato Soup • Fruit Salad with Yogurt Cheese Dressing • Sautéed Eggplant and Bell Pepper Curry • Spinach with Homemade Cheese (Saag Paneer) • Mixed Vegetable Korma (Navarathna Korma) • Rice Pilaf with Cashews, Black Pepper, and Coconut • Vegetable Biryani • Basic Toovar Dal • Spicy Black-eyed Pea Curry • Chapatis (Whole Wheat Flat Breads) • Parathas (Whole Wheat Flaky Griddle Breads) • Aloo Parathas (Potato-stuffed Breads) • Masala Dosa • Rava Idli • Minty Yogurt Drink • Sweet Vermicelli Pudding • Almond Milk Fudge and more! “Vasanth Prasad’s book is a must-read for anyone who loves healthy Indian vegetarian fare. Her recipes are wonderful and use all five of the senses!”—Nina Griscom, co-host of *Dining Around* (TV Food Network) *The Art of Indian Vegetarian Cooking* Southwater

“The Art of Indian Vegetarian Cooking,” authored by Yamuna Dasi, is a culinary masterpiece that delves into the rich heritage of Indian vegetarian cuisine. With meticulous detail and authentic recipes, this book guides readers through a flavorful journey of traditional dishes. It not only offers delicious recipes but also a cultural immersion into the art and science of Indian vegetarian cooking.

Exciting Vegetarian Cooking Random House

VEGETARIAN COOKERY. This book deals with traditions, ingredients, tastes, techniques, and 80 classic recipes. You can discover the unique tastes and techniques of vegetarian Indian cuisine, with 80 authentic recipes. You can begin your journey in the rugged, mountainous

north, where Kashmiri lakes teem with lush floating fruit and vegetable markets during the summer months. You can continue into the eastern region, spanning from the Ganges to the Himalayas, and sample Bengal’s delicately spiced Vegetable Pilau or Cardamom Tea. It takes you on a journey west to enjoy Black-eyed Beans in Coconut and Tamarind Sauce and end your travels in the fragrant south with Mangoes in Cardamom-scented Coconut Cream. This cookbook transports you through India’s regional diversity, featuring classic recipes ranging from pilaus and dhals to chutneys and flat breads, and providing wonderful highlights of a world-famous cuisine.

**An Invitation to Indian Cooking** SUNY Press

Previously published as PRASHAD COOKBOOK: INDIAN VEGETARIAN COOKING. Now with an updated cover. 100 delicious vegetarian Indian recipes from Gordon Ramsay’s Best Restaurant runner-up Prashad. The Patels and Prashad, their small Indian restaurant in Bradford, were the surprise stars of Ramsay’s Best Restaurant TV show in autumn 2010. Everyone who saw them fell in love with this inspirational family dedicated to serving delicious, original vegetarian food. At the heart of the family is Kaushy, who learned to cook as a child growing up on her grandmother’s farm in northern India. On moving to northern England in the 1960s, she brought her passion for fabulous flavours with her and has been perfecting and creating dishes ever since. Never happier than when feeding people, Kaushy took her son Bobby at his word when he suggested that she should share her cooking with the world - a launderette was converted first in to a deli and then a restaurant, and Prashad

was born. Now Kaushy shares her cooking secrets - you'll find more than 100 recipes, from simple snacks to sumptuous family dinners, to help you recreate the authentic Prashad experience at home. Whether it's cinnamon-spice chickpea curry, green banana satay, spicy sweetcorn or chaat - the king of street-side India - there's plenty here for everyone to savour and share.

*Desi Khana* Golden Age Media Private Limited

We all know there is more to Indian food than just curries; it can also be really healthy, fresh and super delicious. Chetna's Healthy Indian contains home cooking at its best - straightforward methods, very few ingredients, crowd pleasing flavours, nourishment and comfort. It draws upon inspiration from Chetna's family and friends, creating realistic recipes for midweek, after work, busy weekends or when you simply want to look after yourself with wholesome food. You'll find 80 delicious recipes that require minimum time and effort, including Onion & whole spice chicken curry, Tandoori pan-fried sea bream, Paneer & cavalo nero saag and Baked cardamom & pistachio yogurt pots. Inspired by Indian cuisine, Chetna's Healthy Indian is proof that healthy food does not need to be health food, and convenient meals can be good for you, too.

**Indian Vegetarian Cooking from an American Kitchen** William Morrow Cookbooks

JAMES BEARD AWARD NOMINEE • Physician and Plant Based Artist creator Dr. Sheil Shukla celebrates Indian cuisine with 100 stunningly photographed vegan recipes that utilize fresh, healthy produce to capture the indelible flavors of India "This is wholesome, exciting

cooking that just so happens to not include animal products. You won't miss them."—The New York Times, A Best Cookbook of 2022 "Cinematically lit, larger-than-life images will have you eating with your eyes long before the dal hits the pan."—NPR Books We Love India is home to a vibrant tapestry of culinary traditions—and to more vegetarians than anywhere else in the world. It's also where Dr. Sheil Shukla learned to love traditional Gujarāti fare, cooking alongside his adored ba (grandmother) over summers in Mumbai. During his medical training, Dr. Shukla discovered the power of plant-based nutrition to prevent and manage chronic illness—and so began his mission to reinvent the classic vegetarian dishes of his heritage. *Plant-Based India* presents over 100 completely vegan recipes for shāk (spiced vegetable dishes), dāl (legume stews), rotli (flatbreads), bhāt (rice dishes), and more. From a comforting Pālak Tofu that transcends dairy-based paneer, to vegan Nān, festive Navratan Rice, hearty Dāl Makhani, and summery Chocolate Chāi Mousse with Berries, these are recipes from the heart—filled with nourishing ingredients at their seasonal best.

*Vegetarian Cooking of India*

Bhaktivedanta Book Trust

*Vegetarian Cookery Has Never Been So Much Fun. Recipes From Various Cuisines Such As Chinese, Mexican, Italian And Of Course Indian Have All Been Included In This Book*

*The Art Of Indian Vegetarian Cooking (English)* Hachette UK

Cook healthy and delicious dishes with this friendly and easy-to-follow Indian cookbook. *Entice with Spice* shows Indian food enthusiasts how to prepare delicious meals at home without spending hours in the kitchen. A first-

generation Indian-American, author Shubhra Ramineni has developed a no-fuss cooking style that re-creates authentic Indian flavors using easy techniques and fresh and readily available ingredients. The Indian food lover will find nearly 100 recipes--from samosa to naan bread and mouthwatering curries--for easy-to-make versions of popular dishes from both the North and South of India. Throughout this practical book Shubhra shares tricks and shortcuts she has learned from her mother, who is from Northern India; her mother-in-law, who is from Southern India; family members in India, and professional chefs in the U.S. With a friendly, reassuring voice, Shubhra shows busy home cooks how simple it is to prepare a homemade Indian meal that tastes wonderful, looks elegant and is also very healthy. Favorite Indian recipes include: Chicken Kebabs Pepper Shrimp on a Stick Coconut Chutney Whole Wheat Flatbread Chicken Vindaloo Curry Easy Lamb Curry Fish with Tamarind Curry Sweet Rice Pudding And many more...

#### Healthy Indian Vegetarian Cooking

Hachette UK

While most Indian cookbooks feature the cuisine of Northern India, here is an introduction to the flavourful, and predominantly vegetarian, dishes of Southern India, particularly the Madras region. Over 100 recipes for tempting appetisers, chutneys, rice dishes, vegetables and stews -- flavoured with onions, tomatoes, garlic, and delicate spices in varying combinations -- have been adapted for the western kitchen. Clear instructions along with an introduction to Indian spices ensure that even novice cooks can produce delicious, authentic meals.

The Taste Divine N A L Trade

KUTIR NAMED BRITISH RESTAURANT OF THE YEAR 2022 AT THE BRITISH RESTAURANT AWARDS Kutir named by Evening Standard as one of the Best Indian Restaurants in London 2022 'Rohit is respectful of the traditions of Indian cooking, yet unafraid of innovation and refinement.' - Pierre Koffmann 'Manthan is definitely the best curry house in the world. Which is no surprise when you consider that it is the latest manifestation of the genius of Rohit Ghai, the Punjabi chef initially behind Benares, Trishna Gymkhana and Hoppers.' Giles Coren, The Times With food inspired by India's incredibly rich and varied food scene, Rohit Ghai has gained a reputation for colourful, flavour-rich curries that showcase both classic and lesser-known Indian flavours.

Tarkari, meaning 'vegetable' in Urdu, is Rohit's first book and similarly celebrates this diverse heritage - but on a more personal, homely note. Packed with innovative vegetarian and vegan dishes, it pays homage to the food his parents ate. From creative starters like Malabar Cauliflower, to big, bold curries such as Jackfruit Masala and Lotus Root Kofta, as well as breads, rice, dips and pickles, it includes everything you need to cook truly spectacular Indian vegetarian and vegan meals at home. 'Rohit Ghai's backstory is the stuff of culinary legend.' GQ 'Faultless cooking that has immediately propelled it into London's very top tier for nouvelle cuisine.' Harden's London Restaurant Guide on Kutir

*The Indian Vegetarian Cookbook*

Torchlight Publications

Fresh, delicious, easy Indian vegetarian dishes from the author of Phaidon's global bestseller, *India: The Cookbook* Vegetables are an integral part of Indian cuisine - and this collection of 150

healthy and approachable vegetarian recipes showcases an array of delicious breakfasts and drinks, salads, vegetables and legumes, grains, and desserts. Drawing inspiration from India's myriad regions and culinary traditions, Pushpesh Pant simplifies this hugely popular cuisine with easily achievable, nourishing, and authentic dishes so tasty and satisfying that they are suitable for vegetarians, meat-eaters, and those simply wishing to reduce the amount of meat in their diet.

#### Classic Indian Veget Ck Headline

Native to Jaipur, India, Krishna Priya dasi has prepared thousands of sweets for offering to Krishna. Sharing her experience and expertise in this collection of recipes, the author, a gifted and celebrated confectioner, shows us how to make 56 of her favourite traditional Indian sweets. This book includes variations of Laddu, Halva, Sandesh, Jamun, Pera, and more. Her recipes and cooking style are simple and easy to follow. The book also includes short sections on decorating sweets with colourful designs, devotional cooking, and the benefits of vegetarianism.

#### Chetna's Healthy Indian Phaidon Press

The Patels and Prashad, their small Indian restaurant in Bradford, were the surprise stars of Ramsay's Best Restaurant TV show in autumn 2010. Everyone who saw them fell in love with this inspirational family dedicated to serving delicious, original vegetarian food. At the heart of the family is Kaushy, who learned to cook as a child growing up on her grandmother's farm in northern India. On moving to northern England in the 1960s, she brought her passion for fabulous flavours with her and has been perfecting and creating dishes ever since. Never happier than when feeding people, Kaushy took her

son Bobby at his word when he suggested that she should share her cooking with the world - a launderette was converted in to a deli and then a restaurant, and Prashad was born. Now Kaushy shares her cooking secrets - you'll find more than 100 recipes, from simple snacks to sumptuous family dinners, to help you recreate the authentic Prashad experience at home. Whether it's cinnamon-spice chickpea curry, green banana satay, spicy sweetcorn or chaat - the king of street-side India - there's plenty here for everyone to savour and share.

#### *Vegetarian India* Hachette UK

Classic Indian Recipes That You've Always Wanted To Try, Are Listed In Simple, Easy To Follow Steps

#### Entice With Spice Tuttle Publishing

In this full-color compendium of the best Italian, French, Chinese, Thai, and Indian vegetarian recipes, author Kurma Dasa presents practical vegetarian versions of world cuisine. With humor, patience, and enthusiasm, he has passed on his knowledge to a growing and appreciative audience worldwide. Through his TV cooking series and videotapes, he has helped thousands of people realize the versatility of vegetarian cooking. He spent several years testing and refining the hundreds of international recipes presented in this most practical work, fully illustrated with color photographs throughout.

#### **The Best of Lord Krishna's Cuisine**

Hachette UK

Kurma's recipes celebrate the vast diversity of vegetarian dishes, from the many grains, beans, vegetables and fruits of the world to the countless combinations of herbs and spices. This is a stunning collection of outstanding vegetarian dishes, which will be released in conjunction with the new, 26 episode

SBS series airing in March.  
*Classic Indian Vegetarian Cookery* Ten  
Speed Press

The Hare Krishna Book of Vegetarian  
Cooking is a definitive and complete  
guide to Indian vegetarian cooking.