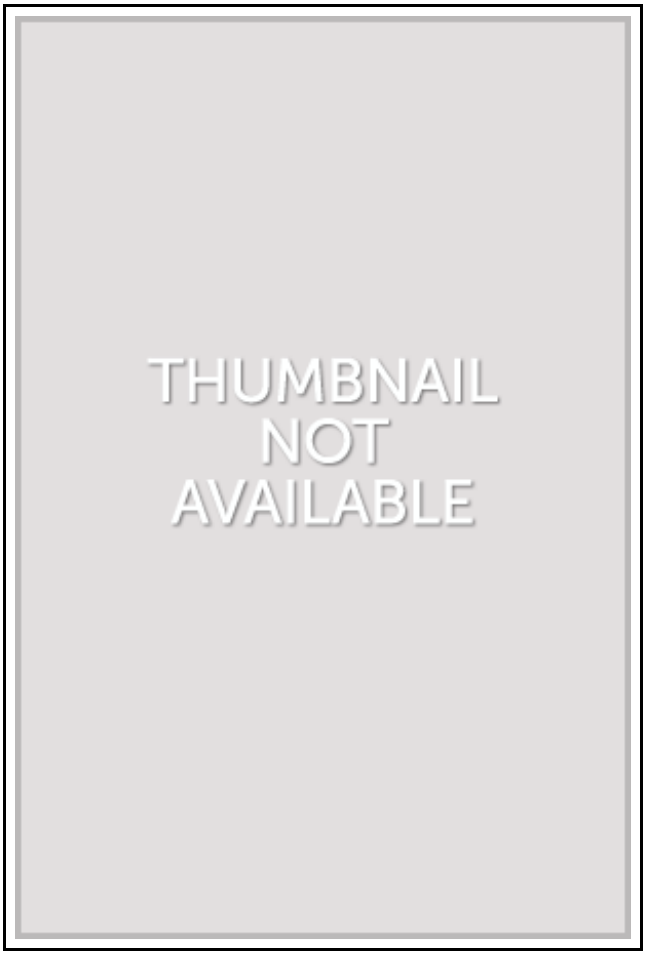
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Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Kashmiri Cuisine: Traditional Quick & Easy Recipes, Chandramukhi Ganju, Living as we do in a multi-cultural world, nowhere are the pleasures that it brings more obvious than at the table, when we enjoy a feast of complex flavours and simple preparations. The book in your hands exactly does that. It tells you about the tasty and aromatic cuisines of Kashmir, the northern-most State of India, famous for its incredible range of culinary delights, guaranteeing a veritable experience to the gourmet. It also gives alternatives to deep frying of some of the recipes. The preparation of Kashmiri food in an efficient, healthy way can be so much fun. It would hardly take you 10 to 25 minutes to cook a delicious meal, whose tempting, hot spicy taste lends it a peculiar quality of its own and distinguishes it from the culinary arts of rest of India and the world at large. In addition, the book delineates not only the health benefits of food we eat day to day but also provides the religious and cultural significance associated with the traditional Hindu style Kashmiri food.

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