



Madhur Jaffrey's World Vegetarian: More Than 650 Meatless Recipes from Around the World

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In her most comprehensive volume yet, Madhur Jaffrey draws on more than four decades of culinary adventures, travels, and experimentation for a diverse collection that both intrigues and delights the palate. Dishes from five continents touch on virtually all the world's best loved flavors, for a unsurpassed selection of vegetarian fare.

More than 650 recipes exemplify Madhur's unsurpassed ability to create simple, flavorful homecooking that is well within the reach of every cook. Extensive sections on Beans, Vegetables, Grains, and Dairy explore the myriad ways these staples are enjoyed worldwide. Each section opens with a detailed introduction; Madhur describes methods for preparation and storage, as well as different cooking techniques and their cultural origins. Throughout she balances appealing, uncomplicated dishes such as sumptuous omelets and rich polentas with less familiar ingredients such as green mangoes, pigeon peas, and spelt. Madhur demystifies the latter with clear-cut explanations so that incorporating new combinations and interesting flavors into everyday cooking becomes second nature. She also offers substantial sections on Soups, Salads, and Drinks, as well as Sauces and Other Flavorings, to help round out a meatless meal and add exciting new flavors to even the most easily prepared dishes. Finally, a complete glossary of ingredients and techniques clarifies some of the little-known elements of the world's cuisines so that even the uninitiated can bring the flavors of Asia, the Middle East, the Caribbean, and more to their tables.

Throughout this extensive collection, Madhur includes personal anecdotes and historical contexts that bring her recipes to life, whether she's remembering field of leeks she saw in the mountains of northern Greece or describing how corn-based dishes arrived in Indonesia through colonial trade. Committed vegetarians will rejoice at the wide variety of meatless fare she offers, and nonvegetarians will enjoy experimenting with Madhur's global flavorings. This highly readable resource promises to be a valuable addition to any cook's library, helping everyone make healthful ethnic foods a part of everyday cooking.

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