

<<Indian 印第安食品>>

图书基本信息

书名：<<Indian 印第安食品>>

13位ISBN编号：9781407543192

10位ISBN编号：1407543199

出版时间：2008-1

出版时间：Oversea Publishing House

作者：本社 编

页数：97

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书籍目录

Introduction Cultural influences Regional and religious diversity The curry craze Healthy eating Essential techniques Starters Creamy chicken tikka Silky chicken kebabs Tandoori chicken Marinated lamb brochettes Kashmiri lamb chops Lamb kebabs Fish tikka Spicy onion fritters Crispy vegetable triangles Savoury cheese cakes Main Courses Kashmiri lamb curry Lamb in fragrant spinach sauce Goan fish curry Pistachio chicken korma Chicken biryani Chicken with lashings of onions Chicken with stir-fried spices Pork curry with chilli, garlic and vinegar Prawns in coconut milk with chilli and curry leaf Main Courses continued Garden peas and Indian cheese in chilli-tomato sauce Vegetable korma Chickpeas in coconut milk Side Dishes Garlic and chilli- flavoured potatoes with cauliflower New potatoes with spiced spinach Field mushrooms in a rich tomato and onion sauce Okra stir-fried with Onions Lentils with cumin and shallots Cucumber in spiced yogurt Mint and spinach chutney Mint and coriander rice with toasted pine kernels Lemon-laced basmati rice Griddle-roasted flat bread Chilli- coriander naan Desserts Mango-flavoured iced dessert Indian rice dessert Soft carrot fudge Sweet saffron rice with caramelized pineapple Ginger ice cream with date and tamarind sauce Index

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