



The Nepal Cookbook (Association of Nepalis in the Americas), (Third Edition)

By Palden Choedak Oshoe

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2007. Softcover. Book Condition: New. Third Edition. This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, the recipes included here reflect the many facets of Nepal's colorful and diverse cultures. Nepali food, which is simple to prepare and subtle in flavor, is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal: appetizers, soups and lentils, vegetables, meats, pickles and chutneys, rice and breads, and desserts. The most commonly used flavorings include cumin, red and green chilies, garlic, ginger, szechwan pepper, cilantro, and scallions. Special cooking methods and ingredients unfamiliar to a Western audience are fully explained. Printed Pages: 168.

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