



# Indian Essence: The Fresh Tastes of India's New Cuisine

*Atul Kochhar*

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## Indian Essence: The Fresh Tastes of India's New Cuisine Atul Kochhar

With this beautiful cookbook by one of the world's top Indian chefs, readers can explore India's rich and varied cuisine at home. Atul Kochhar was born and trained in India, and is one of the world's only Indian chefs to receive a prestigious Michelin star. In *Indian Essence*, he presents over 140 recipes drawn from the restaurants, street stalls, and homes of every region of India. There are rich Moghul dishes, vegetarian delights from Tamil Nadu, coconut-based curries from Goa and Kerala, and seafood dishes from Calcutta. Atul provides insight into India's diverse food culture and explains how to assemble authentic menus, from a Kashmiri wazwan -- a traditional Northern feast -- to a Gujerati thali -- a selection of Southern dishes served on a banana leaf. Thoroughly researched and illustrated with colour photographs, *Indian Essence* is an inspiring culinary journey through a fascinating country.



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