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Moghul Microwave: Cooking Indian Food The Modern Way



Synopsis

Does East Indian cuisine prepared in a microwave oven offer authentic taste? Julie Sahni, the foremost creator and teacher of Indian cooking outside India, shows how the microwave can be used to create Indian food easily--without compromising quality or taste. Features more than 200 recipes. 2-color illustrations throughout.

Book Information

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Customer Reviews

If pairing cookery of the Moghuls--Muslims of Mongolian, Turkish and Persian origin who wielded power in India from the 16th to 19th centuries--with the modern microwave oven seems incongruous, Sahni (*Indian Cooking*) makes the partnership work. She instructs readers in microwave techniques and speeds the preparation of exotically flavorful Indian food. "Microwave Indian cooking is much the same as stove-top Indian cooking, only faster, neater, and healthier," the author argues, showing us how the microwave can conjure up some snack foods--puppadam, or toasted lentil wafers--and classics such as Bombay sweetish-soursic garlic lentils, scallops with cucumber in coconut sauce, tomato basmati pilaf and pistachio fudge, all of which can, without undue strain, become habit-forming. Included are a section devoted to the preparation of nonalcoholic beverages (e.g., monsoon cooler), as well as a few startling cocktails, and information on where and how to purchase spices, herbs and other specialized ingredients in the U.S. Illustrations not seen by PW. Author tour. Copyright 1990 Reed Business Information, Inc.

I figured this book would come with just a few recipes that could be made in the microwave. Uh, no. There are tons of recipes, in many different categories, and the author even provides recipes for basic sauces, spices, etc.--there are even chutneys--to keep you busy not only trying her recipes, but adapting them to come up with your own. Lots of explanation on techniques, the area the recipes come from, the recipes themselves, flavors to expect--but not enough to overwhelm you. In fact, it's pretty succinctly laid out. The more I looked at this book, the more thrilled I was. It's one of those books that delivers far above expectations, allowing you to try new cuisines, flavors, techniques, while providing enough basic and general info to let it serve as a jumping off point if you like to experiment with your own take on things. This author SERIOUSLY knows what she is doing. And you won't believe the stuff you can cook in the 'wave. Even meat and seafood! Definitely well worth its price, and definitely a book that will be a keeper on my kitchen shelf.

I have to say that I was a skeptic, but now, am a true believer! I have cooked from Sahni's classic cookbook for years, and loved it. However, the recipes often took more time than I had. This microwave addition to my Indian repertoire is absolutely marvelous. I never, EVER thought I'd "resort" to cooking in my microwave, but I have now come to - pun intended - eat my words. I have now tried about ten of the recipes, and every one has been a real winner. I recommend this cookboook to anyone who loves Indian food, but doesn't always have the time to prepare it by convential methods. Thanks, Julie S., for this gem!

While it's obviously aimed at microwave cooking, it's a really great explanation of Indian cuisine and ingredients, and is very comprehensive. Many current cookbooks are pretty short, but this is one of the longer ones. I am looking forward to exploring it in depth.

I gave away my original book bought many years ago, and missed it so much I had to buy a replacement! I love using microwave shortcuts to create authentic style Indian dishes.

My daughter loves it after trying it out! just to please me

product as described thanks

I just made the Rogan Josh for dinner tonight. It was outstanding. Amazing authentic tasting Indian food that is almost laughably easy to make. When I remember my Indian friends working for hours

on what now takes 45 minutes, well, lets just say, these days we are eating a lot more Indian food. The caramelized rice pudding (Banrasi Kheer) is to die for. Remember that to make this the old fashioned way you had to cook it hours just below boiling to be careful not to burn the milk. Not so in a microwave! You just zap it for about 30 minutes (yes that is an insane length of time for microwave, but you need to just trust her). The only problem is that a lot of the recipies will boil over, so plan on setting aside some time to clean up the microwave.

We've never really made any recipes from here in the microwave, but we adapt them to regular ways of cooking and everything has turned out delicious. We particularly love the "Creamy Ginger Chicken Kabobs" which are sensational and enjoyed both by our Indian and Western friends. Even though we like our food very spicy, and this dish is only mildly spicy, it seems to hit just the right notes.

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