



# **5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices**

*Ruta Kahate , Susie Cushner (Photographer)*

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The premise is simple: with five common spices and a few basic ingredients, home cooks can create fifty mouthwatering Indian dishes, as diverse as they are delicious. Cooking teacher Ruta Kahate has chosen easy-to-find spices coriander, cumin, mustard, cayenne pepper, and turmeric to create authentic, accessible Indian dishes everyone will love. Roasted Lamb with Burnt Onions uses just two spices and three steps resulting in a meltingly tender roast. Steamed Cauliflower with a Spicy Tomato Sauce and Curried Mushrooms and Peas share the same three spices, but each tastes completely different. Suggested menus offer inspiration for entire Indian dinners. For quick and easy Indian meals, keep it simple with *5 Spices, 50 Dishes*.

## 5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices Details

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# **From Reader Review 5 Spices, 50 Dishes: Simple Indian Recipes Using Five Common Spices for online ebook**

## **Jay Schmallen says**

Enjoyed reading this, served the Crunchy Cucumber Salad for Thanksgiving.

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## **Lisa Janda says**

To create gorgeous Indian takeaway in your own kitchen you must have this book. Recipes are easy, ingredients found in every supermarket, and the results are outstanding. I never liked black-eyed peas until I had them in the Spicy Goan Curry and now there is no turning back. The pictures are inviting and the meat recipes can easily be made into vegetarian options without sacrificing flavor. This is definitely a book to have on hand for when you want a quick meal that will save you from the siren song of the drive-thru.

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## **Rljudie says**

I wasn't going to add cookbooks to my GoodReads collection, but I thought I should make an exception for this one. Unlike a lot of books in my kitchen, this one sees a lot of use, and everything I have made from it is delicious. The best part is that the recipes are fairly simple, just a few ingredients each, so making a meal doesn't require a lot of shopping. Also, they're easy to memorize with repetition, and to customize to available ingredients. I'm daunted by cookbooks with recipes full of long lists of ingredients, half of which are hard to find. This one gives me delicious food that even I can manage without trouble.

And the "Railway Potatoes" have become one of my favorite comfort foods.

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## **MaryAnn says**

I don't usually add cookbooks to my list, but I have tried many of the recipes in this book, and they range from all good to excellent. This is an easy way to introduce yourself and your family to Indian cooking, using readily-available ingredients. We especially enjoy the simple cabbage stirfry and the lentil-rice pilaf.

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## **Celia Juliano says**

A good, solid introductory cookbook for those, like me, mostly unfamiliar with Indian cooking. While the couple recipes I tried were too spicy for me and my friends, I'd be willing to try more and work toward adjusting the spice level. The recipes and information are clear and easy to follow.

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### **Phebe says**

I know, one doesn't "read" a cook book. But considering I received this for Christmas and have already cooked through a significant portion of the book, I feel it only right to review.

This is an incredibly user-friendly approach to Indian cooking. Indian cooking can be incredibly overwhelming - the multitude of spices, the completely different cooking vocabulary and techniques required to create an authentic dish.

Ruta designs the book around the titled premise - that one can make a great variety of Indian dishes with only five spices. It is simple, straightforward, many of the recipes are quick and simple enough for a weeknight. The only difference I would like is notation for each recipe, designating the cooking time required.

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### **Suzanne says**

highly recommended by Susan Kuester, who uses it often.

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### **Bob Klein says**

Dishes were easy and simple yet flavorful. Book binding fell apart on first opening. Usually Chronicle books are better than this...

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### **Michelle says**

I have found this cookbook very helpful because it has relatively simple recipes that still work out nicely, good intro to important and unfamiliar cooking techniques, and of course beautiful pictures. I haven't made all the recipes but I've made a few and they have turned out nicely.

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### **Nicole says**

I used this book last week to make two yummy vegetarian dishes for dinner. One was the Spicy Tomato Cauliflower, the other the Lemon-Ginger Sweet Potatoes. Omigod, they were so good!!! I can't wait to make more recipes from this book.

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### **Bea says**

Years ago, Ruta Kahate had a recipe published in the Sunday Parade Magazine. It was delicious. Though I do not purchase many cookbooks, Kahate's simple approach to cooking Indian food convinced me to

purchase. Love the recipes and there never seems to be any leftovers!

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### **Happyreader says**

This is a great concept -- introduce Indian food with the five main spices of cumin, coriander, mustard seeds, cayenne, and turmeric. You can't go wrong with those flavorings but the recipes don't always turn out well. I made once chicken dish where the saucing was the only flavoring. The chicken itself was eh. And I've made a lamb dish three times. The temp and time were off yet it taste best and my dinner guests gobbled it up when I actually burnt the lamb.

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### **Marie says**

Cookbooks totally count if you read them cover to cover, which I did. This one's excellent.

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### **Pam says**

Having made several dishes from this book and having enjoyed them all, I have decided to purchase it. My family loves Indian food and these recipes are easier and quicker to make than most, which is an important consideration given the excessive preparation/cooking times of many traditional Indian recipes. The title 5 spices is not completely accurate as the author assumes you have basics like garlic, onions, hot peppers and cilantro. But Ruta Kahate's recipes certainly do not require the dozen spices some traditional Indian recipes do nor do they require many of the spices that are difficult to obtain. I do not expect this book to replace my other Indian cookbooks, but it will help me on those days when I am in a hurry.

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### **Megan says**

This book is the shit, especially when you live in bleary Ohio where there is a dearth of good food. Finally, an Indian cookbook that doesn't insist on a trip to a specialty store...it really is what the title says! the only thing I'd complain about is that black/brown mustard seeds are something COMPLETELY different from yellow mustard seeds.

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