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# Aarti Paarti: An American Kitchen With An Indian Soul



## Synopsis

A beautifully-written cookbook weaving Indian and Middle Eastern recipes from her childhood with American dishes she has grown to love--from the Food Network personality. AARTI PAARTI: An American Kitchen with an Indian Soul A collection of memories and 101 recipes from the popular blogger([www.aartipaarti.com](http://www.aartipaarti.com)) and Food Network personality. The recipes will make cooking with traditional Indian flavors and spices approachable for the US market. Aarti's stories will dissolve the "foreign-ness" of Indian flavors and make seemingly complicated technique and flavor accessible. She will take the intimidation factor out of cooking Indian food by simplifying traditional recipes, offering many specific how-to's, and also tips on using traditionally Indian spices in new ways, in everyday dishes. And there is a streak of Middle Eastern in some of these recipes given her youth in Dubai. Recipes include: Cornflake & Kaya French Toast, Real Deal Hummus, Masala Kale Chips, Mum's Everyday Dal, Sambar (Vegetable & Lentil Stew), Pregnancy Potatoes (Crispy masala potato wedges), Indian Street Corn, Saag Paneer, Quinoa Tabbouleh, Chickpea & Artichoke Masala, Tandoori Chicken, Bombay Sloppy Joes, Spicy Sticky Lamb Chops, Mango Pulled Pork Sandwiches, Masala Shrimp & Grits, Homemade "Magic Shell" with Garam Masala & Sea Salt, Strawberry-Rose Petal Shortcakes. Finally, the narratives that open each chapter are wonderfully evocative, telling the story of a woman who was an outsider experiencing many cultures and cuisines: an Indian in Dubai, going to a British school; an international student attending Northwestern University to become an American journalist; and a wife of a Los Angeles man who leaves her job at CNN and becomes a Food Network Star. She finds that food always saves her and encourages us all to find the warmth in cooking.

## Book Information

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## Customer Reviews

Aarti Sequeira is host of Taste in Translation on the Cooking Channel. She won The Next Food Network Star, hosted her own show, Aarti Party (2011-2013), and appears on many Food Network shows including Chopped, and Iron Chef America Countdown. She has a food blog, [aartipaarti.com](http://aartipaarti.com) and online cooking show, [youtube.com/aartipaarti](http://youtube.com/aartipaarti). Born in Bombay and raised in Dubai, Aarti moved to Chicago to attend Northwestern University, and now lives in Los Angeles.

I love this cookbook! I have actually cooked through the entire thing, and every single recipe is spot on. Many family favorites have come from this book, and I highly recommend it to anyone. But, the binding is the worst I have ever encountered, especially for cookbooks, which gets a lot of use. The first time I bought it the whole middle section came out after 2 weeks of cooking out of it. Why it doesn't have a sewn binding like all of my other cookbooks is beyond me. The publisher sent me a new copy and lo and behold, the same thing happened! I still cook out of it weekly, but all of the pages, having been flimsily glued into the binding, are laying haphazard in a binder now next to my other cookbooks. You would think the publisher would spring for a better binding since Aarti is so popular and her cookbook is amazing. Hopefully they will improve this. I can't be the only one with this problem. Final verdict: even though your book will most likely fall apart if you are a home cook, it's still worth it. The recipes are that amazing.

I LOVE this cookbook. I've made at least 4 or 5 of the recipes for all my sisters in the convent. They are flavorful and remind me of my Indian heritage but the spices are balanced enough that my sister in community (mainly elderly non-Asian Americans) have enjoyed them very much. I can't wait to try more.

I have always been a little wary of cooking Indian food until now. Aarti makes everything so enticing but incredibly fun! Her love of cooking comes through with every delicious recipe.

Bought this as part of a gift for a friend who said she was really enjoying it. I don't believe she tried any of the recipes yet, but she loved reading about the author and the snippets of her life that she included. She also said it was visually appealing and the recipes seemed like they'd be fairly easy to prepare.

Great recipe book! An Indian American recommended this book to me, so I knew that it would be good. I have enjoyed the chance to try using spices and other ingredients I wouldn't have otherwise used, and growing my cooking repertoire. Good selection and I love that each chapter begins with a little bit about the author's experiences involving food and family.

Really great cookbook for anyone who is into or wants to explore Indian cuisine. Of course, it is not the only Indian cookbook you should have in your collection, as many cookbooks offer different recipes you may find just as interesting or different takes on the same thing, but definitely a great book for a beginner. This book focuses on comfort foods, so you'll find everything from soups to desserts to snacks, including recipes for more commonly known eats such as dal soup, samosas, paneer, gulab jamun, and kulfi. Personal stories are sprinkled throughout the book, so you get an inside look at Aarti's life and her connection to the recipes she's included. There's also a section on the specific spices used in the recipes to help you become more familiar with them. A list in the back of the book provides you with resources to find some of the ingredients you may need. The pictures on each page will make your mouth water! You can almost smell the curry and cardamom wafting right from the page! Overall, an excellent addition to any culinary library!

Loved Aarti's Food Network show and was so sad when it wasn't on anymore. This cookbook is the first I've ever bought myself and cooking is my favorite thing. Amazing recipes, approachable and fun!

I love the way Aarti writes - she's so personal and flawed, hey, like the rest of us. Curried Meatballs???? Yes! They are divine. I made them quickly and easily and used some fast food rice combo (like Biryani Pre-Cooked Rice) and...voila! dinner. She is cheerful, full of family stories and pictures and includes recipes for all kinds of meals.

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