



# 30 Days of Daal - Simple, Healthy Daal Recipes from India (Dinner Ideas Book 1)

*Pragati Bidkar*

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## **30 Days of Daal - Simple, Healthy Daal Recipes from India (Dinner Ideas Book 1)** Pragati Bidkar

Looking for quick and healthy dinner ideas?

Prepare quick weeknight dinners with recipes like Dal Fry or Green Moong Daal with Ginger, impress guests with restaurant style Dal Tadka or Dal Makhani, and cook leisurely Sunday dinners with the Parsi Dhansak, Oriya Dalma or Masala Daal.

30 Days of Daal brings you authentic but simple Daal recipes from the heartland of India. This book is a great introduction to home style every day Indian cooking. The author uses a 'less is more' approach and most recipes are simple allowing a single spice or herb to stand out.

Daal, also spelled Dal or Dhal, refers to pulses which are a dried form of lentils, legumes or beans. 2016 has been declared The International Year of Pulses by the UN. The book comes at the perfect time so people the world over can experience different pulses first hand via the daal recipes in the book.

30 Days of Daal shatters the myth that cooking Indian food is complicated or needs a ton of ingredients. Readers have been pleasantly surprised by the short ingredient lists in the recipes.

The book has 30 vegetarian recipes (20+ vegan recipes) and is studded with 60 beautiful pictures of the prepared daal dishes.

Don't worry if you are new to cooking Indian food. The How to Stock an Indian Pantry section will get you started. The How to Cook Daal on a Stovetop is useful for those who don't use a pressure cooker.

The 30 recipes celebrate Daal, which is a staple food of the people of India. Recipes showcase a variety of pulses like split pigeon peas or toor daal, moong or mung beans, Bengal gram, black gram, brown and red lentils.

Here is what readers are saying about "30 Days of Daal" –

"The pictures accompanying the recipes are "mouth-watering". The instructions for the recipes short and easy to follow. I also like that the spices that you need are the same for most recipes and that the list of ingredients is short."

"Unique and very very informative. Yummy, sumptuous and packed with nutrition, thanks for so many Daal recipes from almost every state in India. "

"I do like pretty cookbooks, and this one is beautiful."

"Whichever Daal recipe I cooked from this came out very well. I feel very happy by the fact that it is very easy to understand and simple to cook."

...

Get set to embark on a culinary adventure and explore the robust textures and mouth watering flavors of

Indian food with 30 Days of Daal.

\*\* Thank you for choosing this book. Please consider leaving a short review.

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### **From reader reviews:**

#### **Bethany Hall:**

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#### **Kay Davidson:**

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