



The Bengali Five Spice Chronicles

Rinku Bhattacharya

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Bengalis have been compared to the French in terms of food-obsessed peoples, as dining and entertaining are such an integral part of the culture. The book begins with a thorough introduction to Bengali culture and cooking, including sections on spices, ingredients, and equipment. Following are recipe chapters (incorporating a balance of traditional and contemporary recipes) on Rice & Breads, Lentils, Fried Vegetables and Fritters, Vegetarian First Courses, Vegetarian Entrees, Eggs, Fish, Chicken & Poultry, Meat Dishes, Chutneys & Relishes, Drinks & Snacks, and Desserts. Includes 180 easy-to-follow recipes, plus sections on spice pastes, spice blends, and essential tools, and sidebars with family anecdotes and historical and cultural information.

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