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*Chef* magazine called this book's author "the best-known ambassador of Indian food in the United States" . . . and the *Boston Herald* referred to her as "the renowned author and actress [who] teaches home cooks about the sophistication and infinite diversity of Indian fare." *The New York Times* described her simply and succinctly as "the Indian cuisine authority." For many years a best-selling cookbook, Madhur Jaffrey's seminal title on Indian cuisine now has been totally revised, redesigned, enlarged, and enhanced with 70 brand-new full-color photos. With chapters on meat, poultry, fish, and vegetables, as well as pulses, relishes, chutneys, and pickles, the author guides her readers through the delicious and colorful range of Indian food. More than 100 detailed recipes direct home chefs through step-by-step preparation of well-known classics like Tandoori-style Chicken and Naan Bread, as well as more unusual dishes including Salmon Steamed with Mustard Seeds and Tomato and Drunken Orange Slices. Ms. Jaffrey also presents comprehensive background information on spices and seasonings, kitchen equipment, authentic preparation techniques, and suggested menus. Taste-tempting color photos show prepared dishes.

## Madhur Jaffrey Indian Cooking Details

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## From Reader Review Madhur Jaffrey Indian Cooking for online ebook

### C says

I saw Madhur Jaffrey on a cooking show one day, and enjoyed watching her. Her books are as accessible and enjoyable as she is on tv.

This is a great "tackling the basics of indian cooking" style book.

Try:

Whole Chicken Baked in Aluminum Foil

Yep, it really does say leave it on the counter unrefrigerated for 2 hours. The acids in the marinade inhibit bacterial growth. Still, I would do this in a pretty neutral temperature room and perhaps not, say, mid July.

Either way, it is worth the trouble... the chicken is not only delicious, but is so tender it can be easily cut with the side of a fork.

Chicken in Butter Sauce - quite good

Minced Meat with Peas + Onion Relish

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### notgettingenough says

I guess if you live in parts of the world that don't have proper summers you wouldn't understand that in Australia there are often long periods of those months where you simply can't cook. It is too hot for both the process and the result. After a while you long for the cold and the possibilities of cooking that become so much wider. Now as winter begins in Melbourne curries are very much on my brain.

This book changed my life. It was the first cookbook I read that explained the processes going on. Why do you fry the onions this much and not that? Why fry the yoghurt until all the water in it has disappeared and then add water? I love to understand what I'm doing, why I'm doing it, so this book was a revelation to me. I was about thirty when Claire gave it to me, and before long I became a 'good' cook, though it was still a long time before I learned how to cook toast. I can see that to some extent the reason for the depth of explanation in this book is that Indian cooking is by far and away the most profound, complex food in the world. The average Italian cookbook, in retrospect, I understand says nothing much about process because there really isn't much to say. A few basic rules to be repeated over and over, if I may generalise. Indian cooking could not be more different.

This recipe was the first Indian dish I made. Rogan Josh. The most important thing to take note of is the gradual incorporation of the yoghurt, ensuring each spoonful is blended in very well before continuing with the next. It is this that ensures you don't get a separated/curdled sort of result. Patience! There is no point rushing this. And, please. Full fat yoghurt, not that horrible stuff that's like dishwater.

As usual with Indian meat dishes, make extra and freeze. It's silly not to.

### Red lamb or beef stew: Rogan Josh

Prep time:

30 mins

Cook time:

2 hrs 20 mins

Serves:

4-6

#### Ingredients

- 2 x 2.5 cm ginger, peeled and coarsely chopped
- 8 cloves garlic, peeled
- 4 tbsp water, plus 300-450ml
- 10 tbsp vegetable oil
- 900 g boned shoulder or leg of lamb, or stewing beef (chuck) cut into 2.5cm cubes
- 10 cardamom pods
- 2 bay leaves
- 6 cloves
- 10 peppercorns
- 2.5 cm cinnamon sticks
- 200g onions, peeled and finely chopped
- 1 tsp ground coriander
- 2 tsp ground cumin
- 4 tsp bright red paprika, mixed with 0.25-1 tsp cayenne pepper
- 1.25 tsp salt
- 6 tbsp natural yogurt
- 0.25 tsp garam masala
- freshly ground black pepper

#### Method

1. Put the ginger, garlic and 4 tbsp water into the container of an electric blender. Blend well until you have a smooth paste.
2. Heat the oil in a wide heavy pan over a medium-high heat. Brown the meat cubes in several batches and set to one side. Put the cardamom pods, bay leaves, cloves, peppercorns, and cinnamon into the same hot oil. Stir once and wait until the cloves swell and the bay leaves begin to take on colour. This just takes a few seconds. Now put in the onions. Stir and fry for about 5 minutes or until the onion turn a medium-brown colour. Put in the ginger-garlic paste and fry for 30 seconds. Then add the coriander, cumin, paprika-cayenne and salt. Stir and fry for another 30 seconds. Add the fried meat cubes and juices, Stir for 30 seconds. Now put in 1 tbsp of the yogurt. Stir and fry for about 30 seconds or until the yogurt is well blended. Add the remaining yogurt, a tablespoon at a time as before. Stir and fry for 3-4 minutes.
3. Now add 300ml water if you are cooking lamb and 450ml if you are cooking beef. Bring the contents of the pan to a boil, scraping in all browned spices on the sides and bottom of the pan. Cover, turn heat to low and simmer for about an hour for the lamb and 2 hours for beef, or until the meat is tender. (It could be baked, covered, in a pre-heated 180C/gas 4 oven for the same length of time or until tender.) Every 10

minutes or so, give the meat a good stir. When the meat is tender, take off the lid, turn the heat up to medium and boil away some of the liquid. You should end up with tender meat in a thick, reddish-brown sauce. Spoon off the fat. Sprinkle garam masala and black pepper over the meat before you serve and mix them in.

Many of the recipes in this book are now a regular part of my Indian cooking. I can't recommend it highly enough for somebody starting out who needs to be spoonfed. But that's not to say you won't get a lot out of it if you are experienced. It's a classic.

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### **Corinna Hettinger says**

I have owned this book for about 20 years and it is still one of my "go to" cook books. She manages to make what could be very complicated recipes with many ingredients, simple to prepare and delicious to eat! I have made just about everything in the book. It is much easier now to find the ingredients than in the past but I have not found that she includes products that are impossible to find. I frequently give this book to people who are intrigued but intimidated by Indian cooking.

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### **Mindofwinter says**

This book is amazing. If you use one cookbook for Indian cuisine, this should be it. The recipes are time-consuming, but worth it. If you follow the directions you get a perfect meal every time. My favorites are the samosas, chicken with tomato cream sauce, the spinach and lentils, sour chickpeas, and the cover recipe of chicken with lemon and coriander.

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### **Terri Ann says**

The entire book chants YUUUUUMMMMM! Can't wait to start making scratch Indian dishes. Dean and I started enjoying Indian cuisine when we moved to Seattle and now would probably eat it most nights of the week. I've relied on bottled and paste curries so far, and I'm ready to make the leap!

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### **Kathryn says**

This is a fantastic book. Once you have got a core set of spices, the world is your oyster. The recipes are easy and you can alter the spice levels to suit. We love the Black Beef and Yoghurt, Lentils and Spinach, Spinach and potatoes.. The list goes on. Also the Indian Tea recipe at the back is lovely.

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### **Lisa Skelly says**

My mother gave this to me when I was dating an Indian fellow, thinking that I might want to learn some recipes to cook for him. I ended up with a much bigger bonus out of the book. He and I did not stay together, but one of the dishes that he cooked for me was so delicious, and I didn't have a recipe for it.

I found it in this book, and have been enjoying it ever since. Thank you, Mom!

The recipe was Everyday Chicken in Fried Onion Sauce. I made a few minor changes based on how I remembered him cooking it, but her way or his way, is totally awesome!

As a side note, his name was Madhu, and I was surprised to find that the author's name is Madhur, with a photo of a woman on the hardcover version. He told me that Madhu means "honey."

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### **Shelley says**

read this cookbook like it was a novel. and then started cooking

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### **Shane C says**

the book was very original!!

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### **D says**

so far every recipe i've tried has worked beautifully, and the introductory explanations on creating an authentic indian menu and the in-depth discussions of spices are incredibly helpful.

but the production quality is quite poor. the pictures are few and relatively unappealing (small, undetailed, with a weird, sickly yellow tinge), and the graphics are amateur and very dated.

invest in this book for a good array of starter indian recipes, not for the lush reading experience.

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### **Orinoco Womble (tidy bag and all) says**

I can only give this book four out of five so far, as I've only started to use it. But the recipes I've tried have worked, and been easy to understand. No long involved lists of ingredients and faffing around with complicated methods. Again, curry cookbooks written by women seem to be more straightforward and easy to use. There are good sections on utensils, techniques and spices as well as suggested menus...after all Jaffrey was the one who really got us started cooking Indian at home.

However there are a few cons to the book as well. First, the font used is unreasonably small, given the size of the pages. A 12 to 14 point font would have fit just as well and not caused eyestrain on the part of the reader; besides which the tiny typeface looks rather ridiculous, lost in the huge pages of this heavy hardback book. Given that there is only one recipe per page, and few photos, they could easily have made the book more readable (and usable in the kitchen) by using normal-sized fonts. What is the use of all that empty white space?

Second, I find by looking at the masthead that this is a re-edition of a book first published in 1982 under the

title *Indian Cookery*, released for the second time in 1994 "revised and updated" as *Madhur Jaffrey's Illustrated Indian Cookery* (the illustrations must have got lost along the way), before appearing in the 2002 edition as "Indian Cooking". Who knows, it may have reincarnated yet again, as another 12 years have passed.

I had been told by friends that Ms Jaffrey has "several cookbooks" to her name. Perhaps not--perhaps it's just the same one with different titles. Not admirable. I'm glad I got this one second-hand; it seems useful, but I won't be investing in other books under Ms Jaffrey's name, for fear I'd end up with several copies of the same recipes.

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### **Alanna says**

This book truly is inspirational. Most of the recipes are very time-consuming, but it's the sort of book that makes you want to do things the proper way, and reap the rewards. I'm vegetarian but some of the meat dishes were so inspiring I'm tempted to cook them for other people. Ahhhh, some day I will have the time to work my way through this book!

I made three of these recipes for friends the other night and they were all excellent: Prawns in a Dark Sauce, 'Dry' Potatoes with Ginger and Garlic, and I converted the Chicken in a Butter Sauce into a vegetarian dish using tofu and vegetables. Yum yum!

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### **Anna Rose says**

I really like most of the recipes I've tried from this book. There are only a couple of ones I haven't liked and that is an unusually high success rate for a finicky eater like me. I have really liked the kheema matar (I make that one a lot), egg and potato curry (ditto), chicken in fried onion sauce, chicken with tomatoes and garam masala, chicken with roasted coriander in a coconut curry sauce, dry potatoes in ginger and garlic, sweetcorn and potatoes with mustard seeds and mint, cauliflower with onion and tomato and spicy cucumber wedges. One thing I would say is that her suggested recipe for garam masala is very strong on cardamom - too strong for me. On the whole though I would highly recommend the book, particularly as it is very easy to pick up second hand.

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### **Marguerite says**

A fine introduction to Indian cooking. Madhur Jaffrey has schooled me in some of the basics of the array of subcontinental cuisines. I'd made my own curry spice mixture for years, thanks to Laurie Colwin. This book helped me to move beyond curry. Jaffrey includes useful encyclopedic information about ingredients. The recipes are written so they can be reproduced by cooks on both sides of the pond (metric and not). I particularly like the vegetable recipes (when I made Cauliflower With Potatoes, there were no leftovers). The photos are mouth-watering. The book was meant to accompany a BBC series, but it's useful even without the video. My only complaint is that it's difficult to keep the book open while cooking.

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### **James says**

A decent, older cookbook that covers a nice selection of Indian dishes from all over. I've cooked a couple of recipes from this one and a fair number from one of her earlier books. She's a good cook and they are decent, they are mild to middish spicy. Worth picking up if you see it cheap in a book sale.

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