



# Indian Food Made Easy

*Anjum Anand*

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## Indian Food Made Easy Anjum Anand

Anjum Anand presents 70 mouthwatering Indian recipes, using fresh, local and seasonal produce with all ingredients readily available in supermarkets. Throughout the book there are tips and techniques as well as expert secrets from top Indian chefs.

## Indian Food Made Easy Details

Date : Published August 3rd 2007 by Quadrille Publishing (first published January 1st 2007)

ISBN : 9781844005710

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Format : Paperback

Genre : Food and Drink, Cooking, Food, Cookbooks, Nonfiction, Reference

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# From Reader Review Indian Food Made Easy for online ebook

## **Roxy says**

Love the quick glance to locate the ingredients for each section of the recipes. Nice to be able to prepare a healthy main meal with interesting side dishes immediately on receipt of the book. Switching in dried for fresh ingredients worked fine for me. I only had one type of fresh mushrooms for the rice however it still worked beautifully. Would have preferred a bigger font size on pages where it's only one recipe for the directions? on the recipe. Maybe author could use a different font style on her personal comments then use the same font size for both?

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## **David says**

I understand Anand was trying to make Indian food easy but her style if not acceptable. Many recipes not Indian at all! Example recipe 9 and 13. Since when is burger Indian food? Also not enough spices used to make the food, easy does not mean tasty. I like some of her recipe like, 16 but it should have had more flavor.

Indian food is heritage and 1300 years of recorded Indian cooking can not be made using only 5 spices. I read many books on Indian cooking and I like some of the recipes and I would give five star but this book sells Indian cooking short. I will keep hoping she writes more books and bring genuine Indian flavor not just make easy for western flavorless audience to buy her book. I started cooking Indian food 20 years ago and I still love to try new things but keeping the traditional taste and flavor.

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## **Cara says**

I enjoyed the TV programme so bought the book. The food is really easy to make and delicious to eat. You can't go wrong with this book!

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## **Maria says**

So I've always been trying (over the course of many years) to cook Indian food (because I love to eat Indian food), however it's not the easiest thing- all these spices- sometimes 15 spices to make 1 curry and it's a long and detailed process. Until now! A friend loaned me this book and I'm definitely going to buy a copy. It is amazing! and it is Indian food made easy!!! I've already tried the honey roasted spicy leg of lamb, the oven fried chilli chicken, the spiced okra, the strawberry lassi and the mango smoothie and they were all fabulous. What I love most of all is that most of the recipes stick with the core spices of Indian food and I don't have to go on a wild goose chase for some obscure ingredient that I'll never use again. I also tend to improvise a lot with recipes, I hardly ever use specific measure and I'll leave out or improvise on ingredients depending on what I have available and these recipes were very flexible with my haphazard ways - yay- everything still tasted awesome! Officially my holy grail of Indian cooking - and the food photography is gorgeous as well.

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## Anna Rose says

I would recommend getting this book simply for the five-seed potato recipe, which my friend and I have to resist the temptation to eat every day (other vegetables are important too you know). The classic northern chicken curry at the start of the book is also very good (although her punjabi chicken curry out of another book is even better). I also like her coconut rice as a side dish to fish curries with coconut milk as she suggests. The Mangalorean chicken recipe was unfortunately a little disappointing, tasting a bit plain. The lamb meatball recipe was also a bit disappointing, not being really to my taste. There are definitely a few recipes from this book which I would like to try but haven't. I would recommend the book overall even though it is not perfect and not particularly comprehensive (which it doesn't pretend to be).

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## Lee Broderick says

I've never seen any of Anjum Anand's TV programs but I was aware of her as 'the new Madhur Jaffrey', so when I saw this book in a charity shop recently I thought I'd see what the fuss is about.

Anand begins here with a two page introduction in which she states that she believes Indian food is unfairly thought of as unhealthy and full of rich sauces. I'm not sure if it's ever been popularly thought of as unhealthy but perhaps certain people do still think of it in terms of the Anglo-Indian dishes that were a feature of curry house menus in the 1970's and 1980's. She ends the section with a tortuous simile involving Indian food being on the back bench of the UN which, I'm afraid, I didn't understand at all. I was left grateful that she hadn't tried stretching this section any further; she may be a great cook but she's certainly not a great wordsmith.

The bulk of the book then, consists of recipes. My heart sank when the first one consisted of a tortilla wrap. Then the next one and the third too... Tortillas? If you must pander to the fashionable masses then why not make a wrap with a chapati or a paratha? Already groaning then, I wasn't prepared as I turned the page for the fourth recipe to plum the depths of cheese on toast. Later in the book, burgers appear and even a pasta dish with meatballs. Amazingly, in a recipe for crab cakes the author writes *'these are one of the few fusion dishes in my repertoire'*. I don't know whether to conclude from that that she doesn't cook most of the recipes she provides in this book, whether she's deluded or simply a fraud.

The recipes themselves may be fine and I can see how they might appeal to many people although, to me, they belong to another era - that of the late nineties fusion food boom. Evaluating them in the context of the title though, I think it's egregious to describe them as Indian food, they simply aren't. As I think I made clear at the start of this review I agree with the assertion that Indian food is so much more than just curries. To make something else and call it Indian food doesn't help anyone understand this though and does a great disservice to a cuisine seeped in centuries of tradition and development.

It may be harsh to dismiss Anjum Anand as a pretty face but she's certainly not Madhur Jaffrey.

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## **Cath says**

I like the way Anjum explains the ingredients and spices for recipes, great if you are not sure what or how to prepare.

Ingredients that you will have in your store cupboard if you are into Asian food  
Nothing too complicated, so easy for the first time tryers of Asian food  
Clear instructions and usually quick easy recipes

Tried several recipes

Grandchildren's favourite at the moment Oven fried chilli chicken, but I must say I cook this in my Halogen oven.

Also Potato & Pea Samosas, granddaughter usually like to help me make these and we usually make that many that we freeze some.

Masala scrambled eggs another family favorite. very easy to make.

Bengali style baked fish is one of my favorites, very easy to make.

Tandoori monkfish is usually made for the BBQ but I make them onto Metal flat kebab sticks.

Really well worth buying this book for easy Indian Food.

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

This is the first curry cookbook I ever bought. Though I find Ms Anand a bit stiff as a TV presenter, her recipes are good and certainly easier to prepare than some of the other cookbooks I've read. If you want good Indian food without a lot of fuss, start here. You will find well-explained, simple recipes that can be adapted to your needs, with no flash "cheffy" bits. You won't need a huge kitchen, or a houseful of technogadgets, or a degree in cooking, to make delicious food.

My one complaint is with the layout of the book...unfortunately the introductory comments to each recipe are printed in much larger type than the method, which seems a bit backward to me. But then I bought it to use, not to read through and leave on the shelf. Also some recipes in the middle of the book are crammed 3 to a page, looking like something from the Home and Living section of a 1980s newspaper.

However, of the three well-known-chef curry cookbooks I own, this is the one I turn to the most.

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## **Eve Recinella (Between The Bookends) says**

LOVE this cook book, LOVE it! I use it all the time for making yummy Indian food. :)

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