



# Mangoes Curry Leaves: Culinary Travels Through the Great Subcontinent

*Jeffrey Alford , Naomi Duguid*

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**Mangoes Curry Leaves: Culinary Travels Through the Great Subcontinent** Jeffrey Alford , Naomi Duguid

For this companion volume to the award-winning *Hot Sour Salty Sweet*, Jeffrey Alford and Naomi Duguid travel west from Southeast Asia to that vast landmass the colonial British called the Indian Subcontinent. It includes not just India, but extends north to Pakistan, Bangladesh, and Nepal and as far south as Sri Lanka, the island nation so devastated by the recent tsunami. For people who love food and cooking, this vast region is a source of infinite variety and eye-opening flavors.

Home cooks discover the Tibetan-influenced food of Nepal, the Southeast Asian tastes of Sri Lanka, the central Asian grilled meats and clay-oven breads of the northwest frontier, the vegetarian cooking of the Hindus of southern India and of the Jain people of Gujarat. It was just twenty years ago that cooks began to understand the relationships between the multifaceted cuisines of the Mediterranean; now we can begin to do the same with the foods of the Subcontinent.

## Mangoes Curry Leaves: Culinary Travels Through the Great Subcontinent Details

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# **From Reader Review Mangoes Curry Leaves: Culinary Travels Through the Great Subcontinent for online ebook**

## **Terri Jacobson says**

This book is more than just a cookbook, it's about experiencing the Great Subcontinent of southern Asia as a whole--its food, its traditions, its culture, and its people. (I learned from this book that the Subcontinent consists of India, Pakistan, Nepal, Bhutan, and Bangladesh on the mainland, and the island nations of Sri Lanka and the Maldives.) The book is beautifully illustrated and contains a wealth of recipes. (Many of these recipes would be suitable for the home cook.) The narrative of the book is also good. It talks about traveling through the region and experiencing the people and the culture. This book was great fun to read and would be suitable for any collector.

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## **Allison says**

This is a beautiful book, the pictures are amazing, and inspiring. Nice little stories about the food and region. The recipes seem manageable enough, not too many hard to find ingredients. Lots of vegetarian recipes.

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## **Megan says**

This isn't a very accessible book for the home cook. Many of the recipes feature ingredients I wouldn't be able to find, in addition to the fact that they are pretty time intensive. It's definitely more of a coffee table book in my eyes.

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## **Erika says**

This is a beautiful coffee table book with recipes, photography and travel commentary. Gorgeous.

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## **Darren says**

The seven countries that make up the modern-day subcontinent - Pakistan, India, Nepal, Bhutan, Bangladesh, Sri Lanka and The Maldives - are brought together for a sensitive, collaborative culinary journey between what can be relatively similar yet dissimilar styles and dishes at the same time.

This is a book that coffee tables were designed for. A heavyweight tome full of wonderful full-page images, inspirational and aspirational text and a lot of very interesting recipes to boot. The only problem is you might break your kitchen's book-holder should you try and prop this book up whilst "in action".

First off, it was interesting to note that the author took the initiative to suggest some typical dishes that could be suitable for various meal situations, from snacks to the more formal. Sometimes, when presented with a

mass of different recipes that all look interesting yet unfamiliar, it can be difficult to know what to try first. At least with this help there is a bit of an avenue to gingerly tread along...

Recipes are split by type (rather than country) so you are able to browse by at least something possibly familiar. At the end of the book there is a great glossary, bibliography and index. There is even a little bit, a tiffin one may say, about photographing in the subcontinent. Each recipe is surrounded by lots of scene-setting and background information. At many times the recipes almost appear as an afterthought - with no criticism intended - such is the quality and breadth of the supporting information.

This is a book that the reader can find themselves falling into and at the next moment you realise just how much time has elapsed and note that no food has even been prepared. In many ways this would be an excellent book for the beginner due to its range of recipes but on the other hand the sheer awe-dropping scale of this book means that it might be a little too off-putting at the start. This is no negative thing. In many ways it would be a good solution for the beginner to use this book, at first, as a sort of educational resource and pick up a cheap regional cookery book for its step-by-step beginner-friendly recipes. Combine the two and you will have something that you can refer to in the lounge and take the "ABC"-style book to the kitchen and cover with sweat, ingredients and see it bent beyond recognition with stress. Once you are a calmer, more experienced cook then you can take this special tome closer to your kitchen's heart.

A few years have elapsed since this book was first published. It is still available as a new book from outlets such as Amazon and it holds its second-hand value as well. That, if nothing else, should say something in this ultra-competitive world of cookery and recipe books. If you have anything more than a passing interest in food from this region, this book should be given strong consideration. You might need stronger bookshelves though first.

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## **Lisa says**

Mango and Curry Leaves offers not only a visual and culinary feast, but also with its well researched information about the subcontinent and its people and the couple's evocatively written memories of their travels in India a literary one as well. The photography, especially of the people, is superb, at times poignant. The dishes I have had so far from the book are sumptuous. The book is a favorite source of recipes for when my friends and I get together for an Indian meal.

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## **Donna says**

I keep taking this one out of the library, at \$70Cdn I can't justify buying it. The recipes are great and the commentary adds so much to it.

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### **Elizabeth says**

Reading this book has done wonderful things for our table!!

Filled with beautiful descriptions of the towns visited (the sounds and smells and dust and light are palpable in the descriptions) along with excellent recipes that have suggestions for substitutions for difficult-to-find ingredients, it's worth having such a large and heavy book. Each section opens with a large stunningly beautiful sepia-toned photograph. There are smaller colour photographs throughout but mostly, the pages contain descriptions and recipes that are clearly laid out. The reference section at the back is invaluable.

Out of the several bookmarked recipes, our favourite thing to make is the most fantastic 'hot chili oil paste' to go with hard boiled eggs. It is now one of the standard condiments in our house.

We also love the potato curry. And the cumin-coriander beef patties (we think they should be called mint kebabs - the mint is a fabulous addition). And the dahl. And the aloo paratha. And the dosa. And even though we didn't adore them, it was fun to try dhokla.

The only thing I object to is the paper. It seems decidedly unwise to use glossy paper for a cookbook.

It's a small objection.

If you love the Indian subcontinent and its food, this book is for you.

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### **Catherine Woodman says**

Excellent writing, great photos and the recipes are good--not up to hot sour salty sweet

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### **Ryan says**

Cooked a good many things from this, with almost uniformly great results. Alford & Duguid's cookbooks are always a treat: beautiful photography, solid writing recounting their travels, more than recipes ... they are travelogues, imparting a sense of place.

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### **Joan says**

The recipes are hit or miss. A few have become standbys - others were underwhelming. But four stars because the book is so beautiful and I love the stories.

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### **Rukshana says**

This cookbook is awesome! Have already made several recipes from it. Love that it has so many recipes for dhaal. The book itself is grand and beautiful and motivates you to cook, and most of the recipes are pretty simple. At my crib, we use it for everyday homestyle cooking, and the recipes represent what folks eat everyday in South Asia - which I love!

Highly, highly recommended.

My mom bought me a copy of this book after seeing my review on Goodreads so I now own a copy and I love it! Thanks Mom!

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### **Linda says**

I haven't finished reading this book but I think this is the kind of book you could read/reread for a long time. Part travel commentary, part coffee-table luscious photography, part cookbook, this is a wonderful addition to my Indian cookbooks. Covering the cuisine of all states in India, Sri Lanka, Nepal, Pakistan, Bhutan and Bangladesh, this book focuses on the food of tiny local eateries and villagers.

The authors have travelled for decades with their 2 children through Asia. What a life!

I can't wait to look at their other cookbooks. TCPL only has this and Seductions of Rice; I'll be looking for more on interlibrary loan soon.

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### **Rebecca says**

Although I've not personally made anything yet from this book, the photographs and writings contained within should appeal to those with an interest in travel and a curiosity about food. Wonderfully appealing!

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### **Jessica says**

This book is huge! It is more of a coffee table book than a cook book. I can't imagine trying to hoist this up onto the kitchen counter and work around it. However, the photographs are beautiful (especially the one of the tree near the beginning) and the anecdotes are interstesting to read.

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### **Aryn says**

This is a fabulous cookbook with easily reproducible recipes from the subcontinent. It is full of great photographs, good stories, a fair amount of commentary and history. Great okra recipes.

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**Ben says**

This is my all-time favourite cookbook -- it has it all: great recipes, nice pictures, and some great anecdotes

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**Lindsay says**

in every imaginable way this is such a delicious book.

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**Eliza says**

Beautiful book, these people have very interesting lives, and the recipes are not as daunting as you would think.

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**Tori Weinstock says**

Beautiful pictures, but not practical recipes

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