



# Cooking Along the Ganges: The Vegetarian Heritage of India

*Malvi Doshi*

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## **Cooking Along the Ganges: The Vegetarian Heritage of India** Malvi Doshi

Cooking Along the Ganges gathers hundreds of recipes that featured on the menu of the renowned Ganges Restaurant in San Francisco. Including a combination of both authentic North Western (Gujarati) and other, regional-Indian recipes, the book offers a unique panorama of the extremely diverse, Indian tradition of vegetarian cooking. For both the novice cook and the expert chef, Cooking Along the Ganges will serve as a detailed guide that will both demystify the intricacies of Indian cookery and illuminate the health-conscious, flavorful recipes for which the Ganges Restaurant is famous. All Indian food is not hot; rather it is the variety of spices, and how and when they are added that makes Indian food distinctive. -Malvi Doshi Malvi, with her generosity of spirit, is as wonderful a teacher as she is a cook. She presents her recipes in clear, accessible language that allows both the novice and the accomplished cook to achieve authentic flavors again and again. -Michele Anna Jordan, from the Foreword to Cooking Along the Ganges Reviews for the Ganges Restaurant: Hindu vegetarians ascribe important healing properties to certain foods Too complex for me, I ignored therapeutics at the Ganges and concentrated on the pure pleasure of eating. Malvi Doshi, it turned out, is a genius. -Sharon Silva, San Francisco Focus Magazine I'd been enjoying Indian food for more than 30 years, but in this unheralded restaurant on a dark, cold street I tasted dishes I'd only read about. -Jim Wood, on the Ganges Restaurant, San Francisco Examiner Image Magazine. Cover illustration ©2002 Arun Kamat Cover design by Rodwin Pabello (www.rodwin.com)

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