Kurmas recipes celebrate the vast diversity of vegetarian dishes, from the many grains, beans, vegetables and fruits of the world to the countless combinations of herbs and spices. This is a stunning collection of outstanding vegetarian dishes, which will be released in conjunction with the new, 26 episode SBS series airing in March.

My Personal Review:
I have been a vegetarian since I was born and I LOVE cooking. I have probably had this cookbook for 10 years and have used it regularly along with three other cookbooks by Kurma. I do eat dairy (organic and with no animal hormones or any other animal ingredients) but I have never eaten any meat, fish, eggs, chicken or gelatin. If you like to eat food that actually has taste than this cookbook is an essential for your kitchen! A lot of the time people think that vegetarian food is some tasteless tofu or a little salad.....because "WHAT IN THE WORLD DOES A VEGETARIAN EAT??" I have heard that question many times. Well we eat a variety of things and this book is a great tasting way to understanding what good vegetarian food tastes like! The spices aren't so hard to find......mostly they will come from your local indian grocery store (which are actually quite common) or even the regular grocery store and you might spend a bit to buy most of them but they last for quite a while and you will have more freedom in deciding what you are going to cook. I would say that its a little more challenging to find the ingredients for the chinese and thai dishes just because they are much more unfamiliar but never hurts to try and it will be worth it when you get to eat! Also for those of you who don't like garlic or onions or both...Kurma offers a great alternative called hing or sometimes aesfatita (which is a yellow powder spice from india)which works great.In addition to cooking with Kurma i would recommend Yamuna's Table although i haven't spent as much time with her recipies..... i have used them and they turn out excellent as well but require more ingredients and preperation time. I really love the carob cake......you might be worried that 'without eggs how can you make a cake?' but it turns out perfect every time. I have to admit that i am a chocolate lover and so i use chocolate
instead of carob.....but thats the beauty of these recipies.... have fun with them...improvise a little! ENJOY! I know i am!!

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Cooking With Kurma by Kurma Dasa - 5 Star Customer Reviews and Lowest Price!