



# Mithai

## Indian Sweets Made Easy

Kumud Dwivedi

<b>ISBN</b>	9789349474673
<b>Publisher</b>	Roli Books
<b>Binding</b>	Hardback
<b>Territory</b>	USA & Canada
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<b>Pages</b>	200 Pages
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- A definitive celebration of Indian mithai - combining history, ritual, and regional diversity with practical recipes for the modern home cook
- Written by an accomplished pastry chef and storyteller, blending professional technique with deeply personal memories and cultural insight
- From everyday favorites to royal confections, the book preserves timeless traditions while thoughtfully reimagining India's sweetest heritage for today

**Mithai** is a celebration of India's extraordinary legacy of sweets – a journey through history, ritual, and flavor brought together for the home cook. From laddoos and jalebis to royal Mughal confections and regional classics, this book explores how mithai shapes India's celebrations, memories, and everyday life. Written by an accomplished chef and author with a deep understanding of India's culinary traditions, it offers recipes, techniques, and stories that honor and reimagine the country's sweetest heritage.

**Kumud Dwivedi** is a passionate patisserie chef, baking sorcerer, and food photographer who generously shares her learnings from years of study, travel, and culinary exploration. Born into a Punjabi family where food was central and dessert essential, her love for baking began early – poring over second-hand international magazines and experimenting in her mother's kitchen. This book is both a collection of memories and a tribute to everyone and every dessert that has inspired her along the way.