



# Pull of Pulses

## Full of Beans

**Salma Husain**

**Vijay Thukral**

<b>ISBN</b>	9789386906199
<b>Publisher</b>	Niyogi Books
<b>Binding</b>	Paperback / softback
<b>Territory</b>	USA & Canada
<b>Size</b>	7.03 in x 8.52 in
<b>Pages</b>	204 Pages
<b>Price</b>	\$22.00

- This book is a tribute to the rich and awesome diversity of Indian gastronomic traditions
- The recipes in the book - that include not only daal curries but also daal based snacks, savouries and sweets - cover most regions and communities of India
- It also includes several international lentil recipes

While legumes, pulses and lentils are used in many parts of the world – North Africa, southern Europe, West Asia, China and the countries of Latin America – it is in the Indian sub-continent that they are cooked not just on a wide scale but also with unmatched culinary skills and imagination. The daal is a staple food of this region, consumed by all economic brackets at all times of the year.

This book is a tribute to the rich and awesome diversity of Indian gastronomic traditions. The recipes in the book – that include not only daal curries but also daal-based snacks, savouries and sweets – cover most regions and communities of India. It also includes several international lentil recipes. A deep knowledge of world cuisine and fine understanding of flavours have immensely helped in raising the bar of one of the simplest fares of the world.

Salma Husain is a passionate cook, food historian and a Persian scholar; she has used the language in exploring the history of food. Salma has worked with the Star Celebrity Chef Gary Rhodes from London for a British television serial and also with South Korean Television for their series on Indian food. She writes on food for popular journals and newspapers and has award-winning cook books to her credit. Salma received the National Tourism Award 2009 from the Vice-President of India Md. Hamid Ansari. She enjoys cooking for her friends and does it with great love and passion. This is her second book after Flavours of Avadh with Niyogi Books. Vijay Kumar Thukral, Executive Chef, India International Centre, Delhi, has been serving the global hospitality industry for more than 35 years and the IIC since 1988. Trained in Food Craft and Food Production (Cookery), he supervises the IIC ;B section, specially contributing to IIC special dinners and food festivals. Thukral published Secrets from the Kitchen: Fifty Years of Culinary Experience at the India International Centre with Bhicoo Manekshaw with Niyogi Books.