



## Vegetarian Cuisine from the Himalayan Foothills

### Flavours and Beyond

Veena Sharma

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- A collection of mouth-watering recipes that draw upon local bounties from the Himalayas
- Highlights how biodiversity is vital for physical and mental health
- Includes more than 150 photographs and handy nuggets of information to enhance the tasty recipes
- Vegan/gluten free recipes are marked specifically in the book

A delectable experience for gastronomes, Veena Sharma's *Vegetarian Cuisine from the Himalayan Foothills* delves into mouth-watering recipes that draw upon local bounties – some forgotten, or less used, grains and greens, spices and fruits – from the Himalayan heights. Exploring a variety of palates and creating a whole range of nutritious and tasty foods, there is an underlay of a desire to retain and re-establish the biodiversity that is vital for your physical and mental health.

Traditional produce are dressed and enhanced to enrich the urban table, catering to your taste buds and nurturing your bodies and minds. Think of nutritional lentil kebabs, vegetables with a twist, zesty chutneys, nourishing soups, and even extraordinary desserts like phony gulab jamuns and luscious puddings. The inclusion of several vegan and gluten free recipes makes the book of interest to those with special tastes.

With striking photographs and useful snippets of information accompanying each recipe, this book is sure to feed your deepest cravings.

**Veena Sharma** did her PhD from African Studies Centre, School for International Studies, Jawaharlal Nehru University, New Delhi. A Fellow of the Indian Institute of Advanced Study, Shimla (2010–2012), she also served as Head of Swahili Service, External Services Division, All India Radio, for nearly 22 years. In that position, she was invited (during the 1980s) as a UN Fellow, to Bangkok, New York, Nairobi, and Vienna by UN Council for Namibia, UN Commission on South Africa, UN International Decade for Women, and UN Council for Namibia respectively. She has traveled to various parts of the world to teach and present papers on Leisure Studies, as also on Pilgrimage Tourism. She has, all along, had an abiding interest in Vedanta. Currently, she lives in Rishikesh, Uttarakhand.