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The Fish Cookbook

By Megha Patil

Penguin Books India, 2000. Softcover. Book Condition: New. An exciting journey through India's coastal regions for lovers of seafood? In this book, Megha Patil brings together a collection of exotic and delectable recipes which will appeal to every kind of cook?from the novice to the gourmet?and which bring out the versatility of fish. The wide variety of recipes range from quick pan-fires and unusual snacks to luscious pulaos and scrumptious speciality seafood dishes. Though Patil's focus is on the rich tradition of seafood on the west coast, especially Maharashtra, there are also recipes from the south, east and north-east, as well as traditional Parsi and Goan dishes. Among the hundred-odd recipes are: Shellfish and tomatoes pulao, Fish-head tamarind curry, Prawns with mango slivers, sunny eggs on oysters, Crab in coconut cream, Fried spiced lampreys, Poached pomfret in feni, Goa fish curry, squid dry masala and Steamed hilsa with mustard Printed Pages: 248.



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