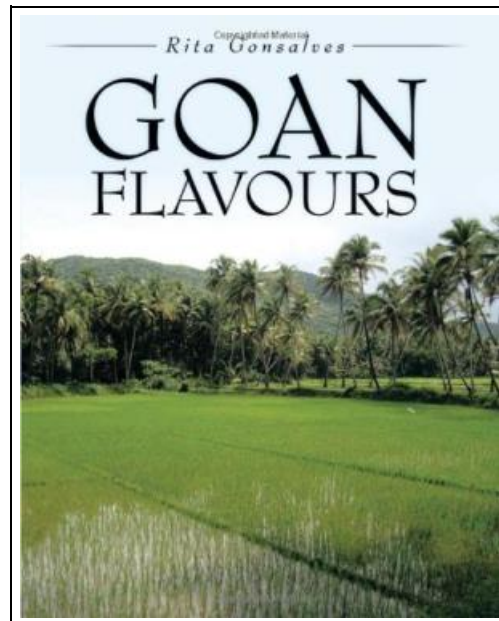


## Goan Flavours



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***(Prof. Geraldine Monahan)***

## GOAN FLAVOURS



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AuthorHouse. Paperback. Book Condition: New. Paperback. 116 pages. Dimensions: 10.8in. x 8.4in. x 0.4in. A mouth-watering introduction to Goan food by a woman whose recipes embody the exotic passion of the picturesque Indian State. Rita Gonsalves spent much of her youth on the white sand beaches of Goa, the state which in recent years has become one of India's most alluring holiday destinations. Despite its popularity, relatively little is known about Goa's culinary charm in Western kitchens, something which Rita felt compelled to change. *Goan Flavours*, Rita's first cook book, is a loving compilation of a broad range of her favourite Goan recipes, beautifully illustrated with her own colour photographs. For amateur and ambitious cooks alike, *Goan Flavours* is a joyful guide to the key tastes, trends and ingredients in Goan cooking, every inch of it faithful to regional tradition. Rita's mouth-watering recipes include the now legendary Goan fish curry, accompanied with a delicious sanna, a spongy white rice and coconut bread. Snacks and soups sit alongside fish, meat or vegetable dishes, with accompaniments and desserts to finish off the feast. With its intricate use of spices some Goan cooking can seem elaborate to Westerners, but Rita's simple, practical translations make her book a must read, even for those with limited time to prepare. The homely, relaxed feel that Rita has achieved thanks in part to her nostalgic pictures, invites the reader into her charming kitchen, making *Goan Flavours* a very attractive and accessible cookbook. Rita's love, both for Goa and for its unique food, is utterly infectious and what sets it apart from other food books is the genuine feel for Goan life and culture that Rita has captured in her recipes and her images of this serene corner of India. Rita takes great pleasure in exploring the origins of...



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