



A Culinary Tour of India, 1/e

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2015 328 pp Paperback ISBN: 9789384588489 Price: 595.00

About the Book

A Culinary Tour of India is an honest endeavour in comprehensively describing and generating awareness about the history, evolution and impact of various elements on the remarkable cuisine of our country. The regional variations along with wide-ranging cooking styles and various facets of Indian cuisine have been researched and compiled for the information of the food enthusiasts and budding hoteliers. This *recherché* book would act as a reference point for all Bon vivant, Hotel Management graduates and those pursuing their career in the hotel industry. While the market is flooded with books containing recipes from Indian cuisine, this book takes you on a gastronomic journey of the country providing an encyclopedic perspective of the magnificent flavours and aromas of this wonderful land.

The first part of the book familiarizes the reader with a panoptic perspective of Indian cuisine emphasizing on ingredients and food produced and consumed in different periods. It also features certain gastronomic references from the ancient eras like Vedic ages and treatise like Ramayana and Mahabharata as well. This section depicts shaping up of splendid Indian cuisine with an impact of distinct religions and also brief description of brilliant festive foods. It also laconically features about the relation of food with Ayurveda.

The second part is the soul and embodiment of the book depicting the crucial culinary details and trends of almost every state of India. It brings into light the finer aspects of culinary system, the eating trends and habits, the staple diet and the speciality dishes. This section of the book focuses on the various regional cuisines of India and put forward the culinary viewpoint and food patterns, emphasizing the speciality dishes of each state with their brief and compendious descriptions.

The third and last part highlights various noteworthy and significant aspects of Indian cuisine like spices, different gravies, breads, beverages, sweets, biryani and pulao; and kitchen equipments in detail.

Salient Features

- ▶ This book succinctly captures and documents the diverse aspects of Indian cuisine in a very understandable package.
- ▶ Regional variations and various facets of Indian cuisine have been compiled for food enthusiasts and budding hoteliers.
- ▶ The book is divided into three segments: “Indian Cuisine – A Broad Perspective”, “Regional Cuisine – A Gastronomic Overview”, and “Significant Topic – Soul of Indian Cuisine”.
- ▶ Each chapter contains “Culinary Trivia” at the end stating some interesting detail attached with Indian cookery.
- ▶ Twenty-five colour plates at the end of the book bring Indian cuisine to life.

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India: A Brief Introduction

Part A: Indian Cuisine

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Part B: Regional Cuisine: Gastronomic Overview

Awadhi cuisine (Uttar pradesh)/Bengali cuisine/Bihari cuisine/Goan cuisine/Gujarati cuisine/Haryanvi cuisine/Himachali cuisine/Hyderabadi cuisine –andhra pradesh/Karnataka cuisine/Kashmiri cuisine/Kerala cuisine/Madhya pradesh cuisine/Maharashtrian cuisine/North eastern cuisine of india/Odiya cuisine/Punjabi cuisine/Rajasthanian cuisine/Sikkimese cuisine/Tamil nadu cuisine/Uttarakhand cuisine/Community cuisine

Part C: Significant Topic: Soul of Indian Cuisine

Spices – heartbeat & essence of indian cuisine/Basic gravies and pastes/Tandoor – marinades and tenderizers/Biryani and pulao/Breads/Sweets/Beverages/Equipments.

About the Author

Yogesh Singh :- Yogesh Singh has a rich experience of about 12 years in the field of academics at various reputed institutes of the country, besides Industry experience of working with HRH Group of Hotels. An alumini of IHM Lucknow from the batch of 2001, he later did his masters in the field of Tourism as well as MBA in Hospitality Management. Currently, he is a senior faculty at Institute of Hotel Management (IHM), Kurukshetra (affiliated to NCHMCT, Noida) in the field of Culinary Arts. His area of specialization is Indian Regional Cuisine with a keen interest in socio-cultural and climatic influences on the evolution of food habits in different parts of the country. Besides an active researcher, he has designed and delivered various customized training programmes for organizations like RTDC and State Tourism Corporations. He has also developed course content for Food Production in Distance Education stream of Mahaveer Vardhman Open University, Rajasthan.