



# Aarti Paarti: An American Kitchen with an Indian Soul

*Aarti Sequeira (Foreword), Ree Drummond (Foreword)*

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**Aarti Paarti: An American Kitchen with an Indian Soul** Aarti Sequeira (Foreword) , Ree Drummond (Foreword)

A beautifully-written cookbook weaving Indian and Middle Eastern recipes from her childhood with American dishes she has grown to love--from the Food Network personality.

## **AARTI PAARTI: An American Kitchen with an Indian Soul**

A collection of memories and 101 recipes from the popular blogger([www.aartipaarti.com](http://www.aartipaarti.com)) and Food Network personality. The recipes will make cooking with traditional Indian flavors and spices approachable for the US market. Aarti's stories will dissolve the "foreign-ness" of Indian flavors and make seemingly complicated technique and flavor accessible. She will take the intimidation factor out of cooking Indian food by simplifying traditional recipes, offering many specific how-to's, and also tips on using traditionally Indian spices in new ways, in everyday dishes. And there is a streak of Middle Eastern in some of these recipes given her youth in Dubai.

Recipes include: Cornflake & Kaya French Toast, Real Deal Hummus, Masala Kale Chips, Mum's Everyday Dal, Sambar (Vegetable & Lentil Stew), Pregnancy Potatoes (Crispy masala potato wedges), Indian Street Corn, Saag Paneer, Quinoa Tabbouleh, Chickpea & Artichoke Masala, Tandoori Chicken, Bombay Sloppy Joes, Spicy Sticky Lamb Chops, Mango Pulled Pork Sandwiches, Masala Shrimp & Grits, Homemade "Magic Shell" with Garam Masala & Sea Salt, Strawberry-Rose Petal Shortcakes. Finally, the narratives that open each chapter are wonderfully evocative, telling the story of a woman who was an outsider experiencing many cultures and cuisines: an Indian in Dubai, going to a British school; an international student attending Northwestern University to become an American journalist; and a wife of a Los Angeles man who leaves her job at CNN and becomes a Food Network Star. She finds that food always saves her and encourages us all to find the warmth in cooking.

## **Aarti Paarti: An American Kitchen with an Indian Soul Details**

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Author : Aarti Sequeira (Foreword) , Ree Drummond (Foreword)

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**Sequeira (Foreword) , Ree Drummond (Foreword)**

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## **From Reader Review Aarti Paarti: An American Kitchen with an Indian Soul for online ebook**

### **jazmyn haiayiele says**

Great recipes with easy-to-follow pictures.

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### **Megan says**

All of the recipes I've tried so far have been delicious and provided the added bonus of a leaving my kitchen smelling delectable as the spices blended together (yum!). The recipes are easy to follow and have enjoyable stories about them. Also helpful are the estimated times you'll need to prepare each recipe. Some require more prep time than others, but there's a nice mix of options for quick work week meals and meals for when you have more time to spend in the kitchen. My current favorite is the Overachiever's Breakfast Pudding, which is as fun to make as it is to eat :) I look forward to testing out more recipes soon!

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### **Sarah R says**

My new turn to book for when I'm craving Indian.

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### **Kimberly says**

We love Aarti's recipes - and we are not what you would call "foodies". It's fun to have a few people over and try a recipe though. Loved her show while it was on.

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### **Monique says**

I loved watching Aarti on America's Next Food Star and I've watched her show several times. This was my introduction to Indian cooking - from watching her on TV and reading this cookbook. I'm nervous about the spices but ready to expose my family to something new and tasty. Even though many of these recipes seem difficult to construct, the challenge should help me engage my teenager in the kitchen. Now this is how you bring a family together.

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### **Keri says**

I've never had a cookbook make me cry, but this one did...thanks to Aarti's deep love for family, food and faith. I've loved her since watching her on Next Food Network Star and was thrilled when she won. I loved her TV show and watched every episode. I've been anxiously awaiting the day she'd create a cookbook and

knew I'd want it. My sweet husband heard me mention that it was finally out and he bought me a copy as a surprise. Reading through it today I was so incredibly blessed by her genuine joy and love and that comes pouring out of her recipes and recollections. I loved the ways she is able to weave her faith into her cooking and more than once I found myself crying. I've never met her and most likely never will, but I feel she is a kindred spirit and many of her shared struggles are things I struggle with as well. I am so grateful to have a chance to "know" her through this cookbook and her show. She truly brings the light into the darkness and in her you can see true joy. She is a blessing...and her recipes look amazing!

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### **Urbandale Library says**

If you love the flavors of India, and have been wanting to dip your toes in its culinary waters, here is a great place to start. Sequeira was born in India, raised in Dubai, and attended college in the United States. The recipes in Aarti Paarti are chatty, inventive, warm, and approachable, fusing American, Indian, and some Middle Eastern flavors. Tired of falafel? Try her minty "pealafel"! Have you wanted to make naan at home but don't have an oven that gets to 700 degrees? A delicious and sturdy recipe is at your command. Need a lesson on Indian spices? Read the forward of the book and you will be educated, but not overwhelmed. (Note: You WILL need to buy some herbs and spices; you WON'T be sorry.) There is a reason Sequeira won her season of Food Network Star and hosted her own show for too short a time.

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### **Sarah says**

This cookbook is a beautiful celebration of Indian food and the author's past, present, and future. I really loved how personal the stories she included along with the tempting recipes were. She explains the most common ingredients in Indian recipes and how to use them, and her recipes look gorgeous and tasty! This is a must read if you love Indian food.

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### **Novel Destination says**

This book makes me feel like I might manage to prepare some Indian recipes at home. The author includes a wide variety of recipes, few that require so much work or ingredients that are hard to find. Great photos and relevant information about Indian cooking, spices and tips!

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### **Meredith says**

She writes with humor and heart. Gorgeous pictures and unique flavor combinations. Many of the recipes seem like they're trying a little too hard - including ingredients that are really just trendy, or struggling to make something more Indian when it could just be a really good American dish. However, most of the dishes sound like something I would try.

Bonus Big Read 2015 tie-in - she includes a (variant) recipe for the Americanized, rice-crispie-based snack mix Ashima is making as the book opens (p.74).

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### **Stephanie Hannold Coder says**

I got this book as a Christmas gift. It's the cutest cookbook ever! Not only do the recipes look amazing, Aarti is also a beautiful writer and weaves personal stories of faith, family and trials throughout the book. Every cookbook should have mouth watering pictures as well, and Aarti's does. I love this book and can't wait to try out some of her recipes.

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### **Ladymaat says**

Aarti has been one of my favorite Food Network celebrities since she was on NFNS. She has such a bubbly, genuine, loving personality and brings simplicity to Indian cuisine. This cookbook was beautifully written, photographed and edited. I was in tears...her introduction spoke to my heart and her interpretation of her faith was heartwarming. Her recipes each came with wonderful stories of herself, family and friends.

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### **Marathon County Public Library says**

This cookbook is a beautiful celebration of Indian food and the author's past, present, and future. I really loved how personal the stories she included along with the tempting recipes were. She explains the most common ingredients in Indian recipes and how to use them, and her recipes look gorgeous and tasty! This is a must read if you love Indian food.

Sarah M. / Marathon County Public Library  
Find this book in our library catalog.

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### **Lisa says**

This was a great book top marks on all fronts. The front of the book was great for an introduction on Indian food, spices, and equipment. Aarti took traditional recipes and made them current. I would totally eat everything, there may be some things that I don't feel comfortable with but all in all I would buy this book. It is well worth the look and the great thing is that she has pictures with the recipes, so we know what things are supposed to look like with all of the items that the cook may not be familiar with.

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### **H says**

Beautifully photographed, easy to follow and full of amazing flavors. Aarti is able to make Indian cuisine accessible to the home cook. She also innovates and create unique twists on Indian culinary staples that professionals will admire and kick themselves for not thinking of it first.

