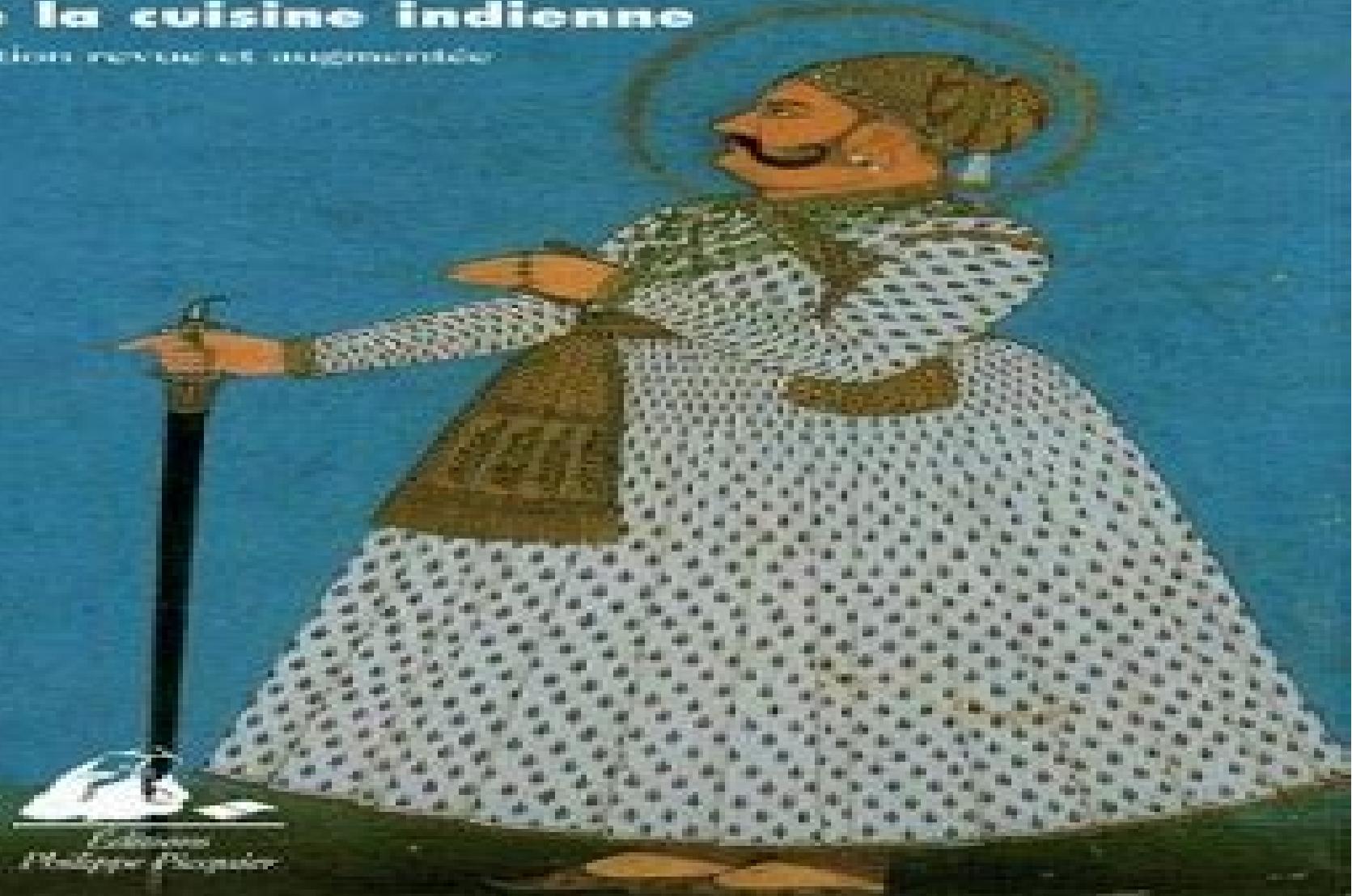


Jean PAPIN

# L'INDE GOURMANDE

Encyclopédie  
de la cuisine indienne

Rédition revue et augmentée



Illustrations  
Philippe Pichot

# Linde Gourmande Encyclopeacutedie De La Cuisine Indienne

**Élise Dubois**

## **Linde Gourmande Encyclopédie De La Cuisine Indienne:**

*Inde Padmavathi Paradin, Beena Paradin, Isabelle Rozenbaum, 2009*    *L'Inde gourmande* Jean Papin, 1999-01-01 Jean Papin grand coureur de terres et traducteur du sanskrit ouvre pour nous la porte du jardin secret des pices Dans un tour de l'Inde en 162 recettes avec toute sa rigueur et sa passion il explique les savantes associations de saveurs qui font de la gastronomie indienne un art fond sur le maniement des pices J ai d abord choisi les grands classiques dans certains cas r nov s puis des compositions traditionnelles caractéristiques de chaque province parfois luxueuses parfois frugales et d une rationalisation ais e Enfin puisque aucune gastronomie ne doit se enliser dans l immobilisme et la routine quelques innovations sont proposées telles que le m rou en papillotes au curry de fenouil ou le magret de canard la cardamome et la coriandre fraîche et citronnée dit magret du Pandit Et comme en Inde m decine et ma trise des pices sont toutement liés notre dîner n'est pas de trouver audience chez les amateurs de diététique amaigrissante mais d'offrir aux curieux et aux gourmets l'occasion de jouir un peu plus intensément

*L'Inde Gourmande* Élise Dubois, 2023-11-19 L'Inde Gourmande Voyage Culinaire aux Saveurs d'Asie est votre passeport pour un voyage gustatif en Inde depuis votre propre cuisine Ravigé par la passionnée de cuisine Lise Dubois ce livre est une source d'inspiration et de découverte des délices de la cuisine indienne travers ce livre vous plongerez dans un univers de saveurs exotiques de pices évoquantes et de plats authentiques qui font la renommée de la cuisine indienne Lise Dubois partage sa passion pour la cuisine indienne et vous guide traverse une variété de recettes qui capturent la richesse de cette tradition culinaire Le livre comprend des instructions détaillées étape par étape des astuces de cuisine et des conseils pour vous aider à maîtriser l'art de la cuisine indienne Chez vous Lise Dubois partage également son expertise sur les ingrédients les pices et les techniques qui sont au cœur de la cuisine indienne vous permettant ainsi de comprendre et d'apprendre les saveurs authentiques de l'Inde Que vous soyez un amateur de cuisine indienne chevronné ou que vous souhaitiez explorer cette cuisine pour la première fois L'Inde Gourmande vous inspirera à créer des plats délicieux qui vous transporteront directement en Inde Laissez Lise Dubois être votre guide dans cette aventure culinaire et commencez par préparer des repas mémorables qui raviront vos papilles Votre voyage culinaire en Inde commence ici

Cuisine indienne Collectif, 2000-04-22

Cuisine indienne vous ouvre une fenêtre sur l'Orient des pentes de l'Himalaya au nord du pays aux plages bordées de palmiers du Kerala au sud des déserts rouges du Rajasthan l'ouest aux jungles luxuriantes de l'Orissa l'est les somptueuses recettes présentées dans cet ouvrage vous apportent toutes les richesses de l'Inde Les restaurants indiens très appréciés sont de plus en plus nombreux dans les pays occidentaux de même que les pâtisseries spéciales Les supermarchés comportent souvent des rayons consacrés aux spécialités indiennes Aujourd'hui vous n'aurez donc aucune difficulté à procurer tous les ingrédients nécessaires à la réalisation des plats proposés dans cet ouvrage Parmi la centaine de recettes qui y sont détaillées nul doute que vous trouverez l'inspiration Conseils et illustrations vous aideront à préparer des soupes des plats de viande de volailles ou de poisson de légumes et de riz merveilleusement parfumés de même que des entrées ou des desserts originaux Les Indiens ma

trisent l art de m langer les pices et de les utiliser avec propos Il serait faux de croire que la cuisine indienne est domin e par le feu des curries Beaucoup de plats sucr s ou sal s offrent au connaisseur l ventail de leurs saveurs subtiles Riches en fibres et pauvre en mati re grasse la cuisine indienne est par ailleurs excellente pour la sant Gr ce de superbes illustrations de qualit Cuisine indienne se feuillette comme un carnet de route Les images les saveurs et les parfums gren s au fil des pages constituent une v ritable invitation au voyage

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