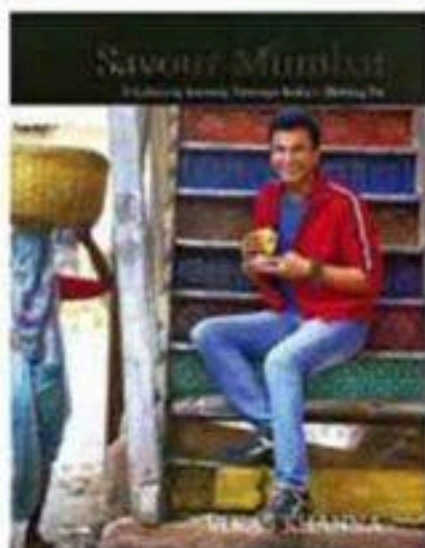


need to know
books

books & cooks

The lowdown on this month's top foodie reads

Words KHORSHED DEBOO



Savour Mumbai by Vikas Khanna

This tome could easily double as a tourist's guide to the city's popular eating joints. It features the signature dishes of 26 eateries handpicked by the author, albeit with slight modifications. The restaurants include well-known haunts such as Bademiya and Trishna along with underrated ones such as Govinda's and Banana Leaf. While the recipes might be useful for home cooks eager to try restaurant-style food, they are certainly not novel – think the usual chicken tikka and caramel custard. We tried Bagdadi's paneer bhurji, which was a cinch to make. But Oh! Calcutta's Crumb-Fried Fish took quite some effort.

Available from Westland for ₹ 895



Kitchen Clinic by Charmaine D'Souza

This book is for those seeking to overhaul their eating habits. Did you know that sunflower seeds prevent premature greying? Or that consuming spicy garlic oil builds your immunity against the flu? The author, a qualified nutritionist, outlines the factors responsible for an unhealthy lifestyle and offers natural remedies. It would have been more practical for D'Souza to recommend ways to incorporate the ingredients in everyday meals. While we like the section about growing a kitchen garden, we have a major gripe with the plethora of testimonials by Bollywood stars and starlets, amounting to five whole pages.

Available from Random House for ₹ 250



John Torode's Chicken and Other Birds

The recipes in this book by the British chef range from basic to elaborate, and aren't meant for the reluctant cook. While the salads and curries are simple to rustle up, Torode's complex one-pots demand time and effort. Peppered with the chef's musings on his love for roast chicken, his advice to try a recipe at least four to five times to master it, and handy ingredient tips, this book serves as an ode to the humble bird. The author explains techniques such as roasting, grilling, carving, marinating and stuffing the chicken in detail. A great guide for poultry lovers.

Available from Quadrille Publishing for ₹ 1,295