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**Complete Book
of Indian Cooking
350 Recipes from the
Regions of India**

by Suneeta Vaswani

Take a delicious, breathtaking culinary tour through each of India's diverse regions!

/24-7PressRelease/ - BOSTON, MA, October 07, 2007 - India is a vast and vibrantly diverse country: Its people comprise nearly one-sixth of the world's population, and represent more than 2,000 ethnic groups and every major religion. The cuisines of this fascinating region are just as unique—yet most of the dishes the mind conjures when we think of Indian food represent just a fraction of its varied culinary landscape.

With COMPLETE BOOK OF INDIAN COOKING: 350 Recipes from the Regions of India (Robert Rose, October 2007, \$27.95), author and cooking instructor Suneeta Vaswani invites readers on a culinary journey through this magnificent land. From the saffron scented cuisine of the north to the bursting with flavor spice coast south, the assertive mustard oil-tinged dishes of the east, and the dramatically diverse food of India's western states, readers will unveil a new world of flavor to delight their palates. You won't believe how much more there is to taste:

- Kashmiri Leg of Lamb from the North
- Banana Fritters for the South
- Shrimp in Coconut Milk from the East
- Mango Citrus Chutney from the West

Organized by region within each chapter, readers will gain a deep understanding of the rich character of each of India's delicious regions, with every dish they make.

There's no need to feel daunted by the idea of tackling a new cuisine with professional cooking instructor Suneeta Vaswani as your guide. Packed with helpful tips about how to stock your pantry, comprehensive explanations of the essential spices, spice blends, and herbs, and instructions for the basic techniques to get you started, COMPLETE BOOK OF INDIAN COOKING is the ultimate resource for cooks of all levels.

There's more to Indian cuisine than korma and curry! With COMPLETE BOOK OF INDIAN COOKING, readers will discover a whole new world of flavor, right in their own homes.

About the Author

Suneeta Vaswani was born in Mumbai, India and lives in Houston, Texas. She has been teaching Indian cooking in the U.S. and internationally for 30 years, and has been featured in national magazines.

COMPLETE BOOK OF INDIAN COOKING

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Robert Rose

October 2007

\$27.95/trade paperback

ISBN: 978-0778801702

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About Dalyn Miller Public Relations

Dalyn Miller Public Relations is a full service communications group delivering a blend of public relations, communications and branding expertise. Our focus is on helping new and well-established authors and publishing houses promote their lifestyle titles on a national level. Through creative positioning, solid media relationships and tailor-made campaigns in categories ranging from food to fitness to relationships we work with experts to help them develop their brand and increase their profiles within the industry.

Please contact us to discuss further how we might help you with your communications and PR needs.