



Eating India: An Odyssey into the Food and Culture of the Land of Spices

Chitrita Banerji

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Though it's primarily Punjabi food that's become known as Indian food in the United States, India is as much an immigrant nation as America, and it has the vast range of cuisines to prove it. In *Eating India*, award-winning food writer and Bengali food expert Chitrita Banerji takes readers on a marvelous odyssey through a national cuisine formed by generations of arrivals, assimilations, and conquests. With each wave of newcomers-ancient Aryan tribes, Persians, Middle Eastern Jews, Mongols, Arabs, Europeans-have come new innovations in cooking, and new ways to apply India's rich native spices, poppy seeds, saffron, and mustard to the vegetables, milks, grains, legumes, and fishes that are staples of the Indian kitchen. In this book, Calcutta native and longtime U.S. resident Banerji describes, in lush and mouthwatering prose, her travels through a land blessed with marvelous culinary variety and particularity.



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