



# Aarti Paarti: An American Kitchen with an Indian Soul

By Aarti Sequeira

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**Aarti Paarti: An American Kitchen with an Indian Soul** By Aarti Sequeira

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) 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.

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### Editorial Review

#### About the Author

**Aarti Sequeira** is host of *Taste in Translation* on the Cooking Channel. She won *The Next Food Network Star*, hosted her own show, *Aarti Party* (2011-2013), and appears on many Food Network shows including *Chopped*, and *Iron Chef America Countdown*. She has a food blog, [aartipaarti.com](http://aartipaarti.com) and online cooking show, [youtube.com/aartipaarti](http://youtube.com/aartipaarti). Born in Bombay and raised in Dubai, Aarti moved to Chicago to attend Northwestern University, and now lives in Los Angeles.

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