



## Goan Flavours

By Rita Gonsalves

AuthorHouse. Paperback. Book Condition: New. Paperback. 116 pages. Dimensions: 10.8in. x 8.4in. x 0.4in. A mouth-watering introduction to Goan food by a woman whose recipes embody the exotic passion of the picturesque Indian State. Rita Gonsalves spent much of her youth on the white sand beaches of Goa, the state which in recent years has become one of India's most alluring holiday destinations. Despite its popularity, relatively little is known about Goan culinary charm in Western kitchens, something which Rita felt compelled to change. Goan Flavours, Rita's first cook book, is a loving compilation of a broad range of her favourite Goan recipes, beautifully illustrated with her own colour photographs. For amateur and ambitious cooks alike, Goan Flavours is a joyful guide to the key tastes, trends and ingredients in Goan cooking, every inch of it faithful to regional tradition. Rita's mouth-watering recipes include the now legendary Goan fish curry, accompanied with a delicious sanna, a spongy white rice and coconut bread. Snacks and soups sit alongside fish, meat or vegetable dishes, with accompaniments and desserts to finish off the feast. With its intricate use of spices some Goan cooking can seem elaborate to Westerners, but Rita's simple, practical translations make...



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-- **Ally Reichel**

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

-- **Prof. Kirk Cruickshank DDS**

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