



# Flavours of The Orient

*Sanjeev Kapoor*

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## **Flavours of The Orient** Sanjeev Kapoor

'Flavours of the Orient' is a delicious fusion of flavours from all over Asia including Thai, Japanese, Malaysian, Indonesian, Chinese and Vietnamese dishes. It is not for nothing that these countries are collectively nicknamed the Exotic East. All spices and indigenous ingredients come together in woks and pans to create unique dishes that no other cuisine can match.

All Oriental countries are endowed with lush natural beauty and rich regional cuisines. The common thread is the use of fresh, readily available ingredients and spices to flavour the food. The dishes can be pungent, sour, sweet and sour or simply flavoured.

You need not travel the whole of the Asian continent to get a taste of the Orient. The recipes in this book will make it possible for you to sample all the culinary delights of our neighbouring countries without having to go anywhere near an airport! And this is great news for all food-lovers looking for new eating experiences.

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