



# Taste of Bengal

*Sikha Saha*

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## **Taste of Bengal** Sikha Saha

Globalization has brought the world closer and has enhanced interest in regional and ethnic cuisines in today's world. One such ethnic cuisine is that of Bengal. Bengal has an interesting history, a rich heritage and culture and a renowned culinary tradition. Bengalese exalts good food. Cooking fresh vegetables and fish curries and entertaining guests with utmost warmth and care is an important aspect of Bengali culture. Bengali cuisine is well renowned for a wide variety of sweet water fish dishes cooked in mustard oil and dessert made with milk, coconut and nuts. Bengali delicacies like: Hilsa (Shad) fish steamed inside a layer of rice, Shrimps marinated in mustard sauce and steamed inside a banana leaf or baked inside a green coconut and Rohu (Carp or Buffalo) fish simmered in a yogurt-raisin sauce, small crepes with a sweet coconut filling, cheese balls simmered in sugar syrup are unique and heavenly. "Taste of Bengal" is a compilation of one hundred such Bengali mouth watering recipes with easy to follow step by step directions with adequate pictorial illustrations. The recipes are divided into categories like: appetizers, grains, legumes, vegetables, fish and shrimps, meat, poultry and egg, chutneys and desserts. It includes a glossary of ingredients, a subject index and an alphabetical index for easy reference. Enjoy!!

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