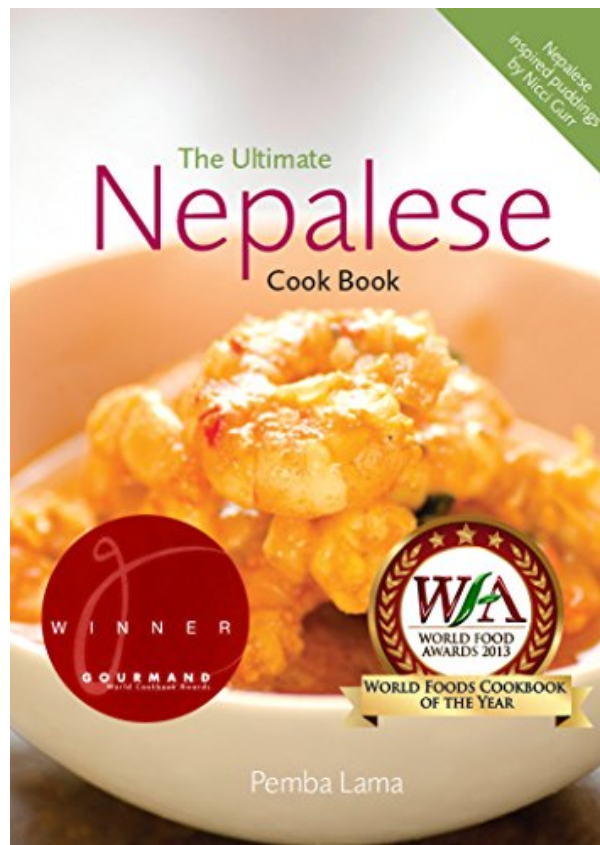
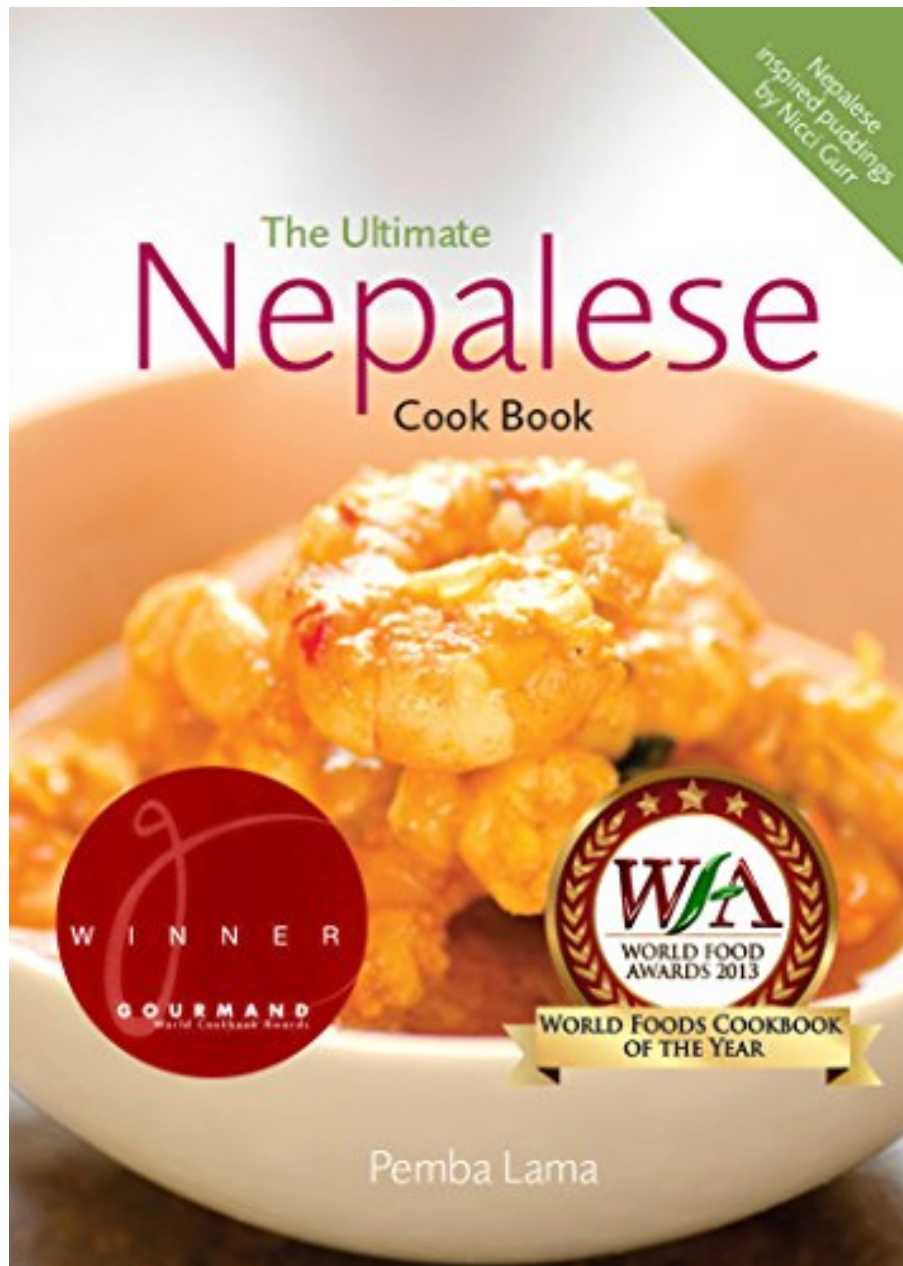


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# **THE ULTIMATE NEPALESE COOK BOOK BY PEMBA LAMA, NICCI GURR PDF**

Learn the art of Nepalese cooking

A unique collection of traditional and never before seen Nepalese recipes and methods which are simple and easy to follow. Dip in here to open up a whole new world of traditional and modern Nepalese cooking. All ingredients can be found fairly easily in stores these days – just let the illustrations guide you, have fun, learn and enjoy.

Summary of content

- Introduction
- Nepalese Spices
- Basic Ingredients
- Simple Starters
- Vegetable Dishes
- Chicken Dishes
- Meat Dishes
- Fish Dishes
- Chutneys and Sauces
- Breads
- Desserts
- Beverages
- Puddings with Nicci Gurr
- Acknowledgments
- About the author
- Glossary

About chef and author Pemba Lama

Ex-Gurkha soldier, Pemba Lama served in the British Army for 23 years, retiring as a senior Gurkha Catering Officer. Pemba has served in many countries, experiencing a variety of cuisines and cultures and in 1993 became a Catering Instructor in Hong Kong after completing the Advanced Chef Training in Higher Culinary Skills at the Army School of Catering in the UK.

On retiring Pemba joined the Civil Service as a Specialist Instructional Officer at the Defence Food Services School in the UK. He now teaches catering and ethnic cookery to Armed Forces chefs and various clients in the UK. Pemba has cooked for many prestigious clients including, Her Majesty The Queen, the Dalai Lama and Jamie Oliver.

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Absolutely brilliant

By DarrenIngram\_dot\_com

Nepalese cooking can be one of those best-kept secrets when it comes to Asian cuisine. Ask the average person about Nepal and if you are lucky you might get a vague comment about Mount Everest or the Gurkha regiments that have served the British and Indian armies faithfully for many years.

Now, you have a chance at home to try a bit of this "secret" and create many Nepalese dishes. As a landlocked country a lot of this food has been inspired by Indian, Tibetan and Chinese cuisine and perhaps vice versa, so you would be forgiven for thinking that many dishes are familiar but are they REALLY the same... try the recipes and compare.

As soon as you take the book in your hands your inner senses just tingle with anticipation as somehow you know you are in for a treat. Perhaps it is a feeling knowing that you are getting an insight into a cuisine that not many people will have experience of. It is hard to tell. But if you like Asian or Indian food you WILL not be disappointed.

This reviewer sees dozens of cookbooks each day and it is a refreshing change to see something that touches on a different cuisine or culture. Make no mistake, this is no crusty, dry old book but a very modern, open and informative yet modest tome. You could say that it manages to pack a powerful punch, in a small package with military precision. Perhaps just how the author had fared in his professional life - the author is a former Gurkha soldier who served with the British Army for 23 years all around the world before retiring as a senior catering officer and continuing to work as a teacher for Armed Forces chefs in the United Kingdom. As you can imagine, he knows his onions (or curries).

This is one of those books that you could pick up if you had never heard or tried Chinese and Indian-styled food in the past. You get a great basic and functional introduction first to the country, basic spices and ingredients. And then it is on to the recipes, split into different types from starters to desserts and a lot in-between. When you look at the recipes you can almost imagine that the author is standing behind you with a bit of a fatherly eye on what you are doing. The recipes are written without jargon in a manner that seems to inspire you to succeed without the platitudes and comments that often accompany such "inspirational text" in other books. It is just plain language, you are not patronised but neither are you treated as an expert on Asian and Indian cultures.

This reviewer must declare that he is not a paid or unpaid agent for the author, publisher or anyone connected with the project and is conscious that some of this praise can border on sounding like a publicity statement. The book just works, very well indeed - so much so that YUM's editor saved this book to be the last one of the week to "go out on a high." One would go as far as to say that if you have a bit of a blind spot to food in this region overall, this could be a good taster to help remedy that.

The recipes themselves sound tasty, inviting and appealing (yet these would be regular meals for Nepali people). The full colour photography of the dishes can get you salivating and it is nice to see some pictures of the author at work too. Normally pictures of the chef "at work" can be a little bit too sickly and off-putting

- what do they really add to a book? - and at the risk of appearing ageist or patronising it is quite stirring to see the close-up pictures of the author. Clearly he is an gentleman of more advanced years yet you can see a man of experience, like an aged oak tree, still standing dependently doing what he knows best and doing it well. The author does not scream "look at me" or seem to inspire for a celebrity status either.

A proportion of the book's selling price is being donated to the Gurkha Welfare Trust - YUM does not usually highlight in detail any charitable co-donations that may occur - all we will say is read about the Gurkhas and their fearless military service and Nepal as a whole and things might become clearer. No need to unsheath the kukri here to threaten for a good review!

After a multitude of recipes (hopefully saving something for a second volume) the book ends with a linguistic glossary and a great index. So much has been packaged into this little book that you could have wrongly thought it isn't much by its size alone. Oh ye of little faith.

So in short. If you like Asian/Indian food buy this book and try something else. And buy a second copy for a friend. If you don't like those dishes, buy the book anyway and review your previous thoughts. You might have made a wrong decision that you should regret.

1 of 1 people found the following review helpful.

Good book

By Amrita Thapa

The instructions were easy to understand.more pictures along with each recipes would have been better.A great book to try Nepali Cuisine

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