

Edible Phoenix

Celebrating the Abundance of the Valley, Season by Season
Fall 2013

Indian Inspired Gluten-Free Cooking

by Alamelu Vairavan and Margaret Pfeiffer(Hippocrene Books, 2013)

Author Alamelu Vairavan divides her time between homes in Scottsdale, Arizona, and Milwaukee, Wisconsin when she's not hosting cooking show on public television, teaching or writing.

Her latest book with Margaret Pfeiffer addresses the needs of the celiac-affected community with gluten-free Indian-inspired recipes. With the exception of its wheat-based breads, much of Indian cuisine is centered on vegetables, lean meats, rice and legumes, lending itself naturally to a gluten-free approach. The recipes incorporate spices and bold flavors (but in quantities geared to American taste buds) resulting in lively satisfying dishes. You could easily put together a whole Indian meal from this book, or just pick one of the vegetable recipes as a spicy, out-of-the-ordinary accompaniment to your usual dinner fare.

For more information on Vairavan, see www.curryonwheels.com