



# Spices & Seasons: Simple, Sustainable Indian Flavors

*Rinku Bhattacharya*

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**In this new cookbook, author Rinku Bhattacharya combines her two great loves-- Indian cooking and sustainable living--to give readers a simple, accessible way to cook seasonally, locally, and flavorfully.**

Inspired by the bounty of local produce, mostly from her own backyard, Rinku set out to create recipes for busy, time-strapped home cooks who want to blend Indian flavors into nutritious family meals. Arranged in chapters from appetizers through desserts, the cookbook includes everything from small bites, soups, seafood, meat and poultry, and vegetables, to condiments, breads, and sweets. You'll find recipes for tempting fare like Mango and Goat Cheese Mini Crisps, Roasted Red Pepper Chutney, Crisped Okra with Dry Spice Rub, Smoky Roasted Eggplant and Tomato Puree, and Red Harvest Masala Cornish Hens, to name a few.

As exotic and enticing as these recipes sound, the ingredients are easily found and the instructions are simple. Rinku encourages readers to explore the bounty of their local farms and markets, and embrace the rich flavors of India to cook food that is nutritious, healthy, seasonal and most importantly, delicious.

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