

Eating With The World In Mind Global South Asia: A Journey Through Food, Culture, and Sustainability

In her new book, "Eating With The World In Mind Global South Asia," author and photographer Sheryl Tran takes readers on a culinary journey through the diverse and vibrant regions of South Asia. From the bustling streets of Mumbai to the serene backwaters of Kerala, Tran explores the cultural, social, and environmental sustainability of food in this fascinating part of the world.

Through stunning photography and engaging storytelling, Tran introduces readers to the people who grow, prepare, and share food in South Asia. We meet farmers who are using sustainable practices to cultivate traditional crops, chefs who are creating innovative dishes that celebrate local flavors, and activists who are working to ensure that everyone has access to healthy and affordable food.



Gandhi's Search for the Perfect Diet: Eating with the World in Mind (Global South Asia) by Nico Slate

★★★★☆ 4.7 out of 5

Language : English
File size : 12647 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 226 pages

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Tran's book is not only a beautiful and inspiring travelogue, but also a valuable resource for anyone interested in learning more about the food and culture of South Asia. She provides detailed recipes for traditional dishes, as well as tips for cooking with local ingredients. She also includes a comprehensive directory of resources for travelers who want to explore South Asia's food scene firsthand.

Here is a sneak peek at some of the recipes you'll find in "Eating With The World In Mind Global South Asia":

- **Chicken Tikka Masala:** A classic Indian dish that is made with chicken marinated in yogurt and spices, then grilled and simmered in a creamy tomato sauce.
- **Aloo Gobi:** A vegetarian dish made with potatoes and cauliflower that is cooked in a spiced tomato sauce.
- **Chana Masala:** A hearty dish made with chickpeas that is simmered in a spiced tomato sauce.
- **Dal Tadka:** A lentil dish that is tempered with spices and ghee.
- **Biryani:** A fragrant rice dish that is cooked with meat, vegetables, and spices.

Whether you're a seasoned traveler or a home cook looking to expand your culinary horizons, "Eating With The World In Mind Global South Asia" is a must-have resource. This beautiful and informative book will inspire you to cook, eat, and travel with a greater understanding of the world around you.

To Free Download your copy of "Eating With The World In Mind Global South Asia," visit the author's website.



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