

Turmeric & Spice for Vibrant Living



Want to eat well and thrive? Tantalize your taste buds with *Turmeric & Spice*, a delectable cookbook featuring the art of Indian cuisine. Inside you'll discover the wonders of turmeric, Ayurveda, and the delights of Indian cuisine. Feed your body, mind, and spirit with authentic Indian recipes from the comfort of your own kitchen. Get step-by-step guidance on everything you need to make Indian dishes that harness the power of spices like never before.

It's time to spice up your life and harness the natural energy of whole foods with Bina's delicious recipes. Start your journey through the pages of this gorgeous cookbook and find:

- Authentic Indian recipes with a farm-to-table approach
- Indian cooking made simple – a step-by-step approach
- Ancient wisdom for the modern table

Special Show DISCOUNTS – 20% OFF for pre-order of three or more copies!

“What a blessing to hold the recipes and wisdom of Bina Mehta, yoga teacher, Ayurvedic lifestyle counselor, artist, mother, entrepreneur, and lover of the healing power of delicious and nutritious Indian cooking—the way she was taught in her family lineage.”

~ Shiva Rea, Global Yoga teacher and founder of Prana Vinyasa

“Turmeric & Spice is a wonderful collection, a celebration of Indian-based cooking at its best! Bina has done an amazing job at compiling a comprehensive array of recipes from chutneys and party foods to detox recipes and light meals. Each is easy to follow, practical, and accessible for all.”

~ Maria Eugenia Garre, Ayurvedic teacher, Protégé of Vasant Lad

“Much more than a regular cookbook, each chapter takes us on a sophisticated journey led by Bina's direct lineage of knowledge of the charms of Indian cuisine. Her capacity to transmit flavors will immediately change our emotional and mental disposition, making us aware of our deeply ingrained appreciation of taste in a transformative way. The creative recipes in this book—just like great music—have the power to animate our heart.”

~ SILVIA Nakkach, Grammy-nominated musician, vocal culturist, founder-director of the Vox Mundi School of Sound and the Voice, and author of *Free Your Voice*.

“Good health begins with the food we eat every day. Using the ancient principles of Ayurveda, not only can we eat delicious Indian food, but we can also promote healing of mind, body, and soul. Digestion of everything in our lives is the key.”

—BINA MEHTA



Bina Mehta was raised in an Ayurvedic family in the exuberant city of Mumbai, India. Since moving to the United States, she has shared her passion for Indian culture, food and vibrant living by developing Indian cooking classes and her own line of gourmet spice blends.

Bina has infused her first cookbook – *Turmeric & Spice: Exquisite Indian Cuisine for the Mind, Body, and Spirit* – with her enthusiasm for Indian cooking and her wisdom inherited from Ayurvedic philosophy and family traditions. Let Bina be your guide to spicing up your life!

Take a peek inside!

Paneer Mattar (Cheese and Peas) पनीर मटर

Made with soft cheese and peas in a spiced tomato gravy, this is a simple, flavorful, popular dish that even children love. Serve it with naan or rice, or savor every bite on its own. For convenience, you can buy paneer at Indian grocery stores. You can make your own whey with store-bought paneer by soaking it in hot water for 2 hours.

- 1 pound Paneer
- 2 cups whey
- 2 tablespoons vegetable oil
- 2 tablespoons ghee
- 2 cups diced onions
- 1 tablespoon grated ginger
- 1 can (16 ounces) crushed or diced tomatoes
- ½ cup water
- ½ cups frozen peas
- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 1½ tablespoons poppy seeds (white or black)
- ½ teaspoon red chili powder
- 1 tablespoon garam masala (or try Bina's Gourmet Garam Masala Spice Blend)
- 1 teaspoon turmeric powder
- ½ teaspoon salt
- ½ teaspoon sugar
- 2 tablespoons tomato paste

If the paneer is store-bought: Soak it in 2 cups hot water for 2 hours. Drain, reserving all the liquid. Cut the paneer into 1-inch cubes and set aside along with the liquid.

If the paneer is homemade: No need to soak it. Cut it into 1-inch cubes and set aside along with the whey.

Heat a large skillet on medium-high, then add oil and ghee, and heat for about 30 seconds. Sauté the onions and ginger for 6 to 9 minutes, or until the onions are translucent. Add the tomatoes and cook on medium heat until they break down and the oil separates (called deglazing).

Put the mixture into a food processor or use an immersion blender to make a smooth sauce. Once blended, return it to the skillet. Add the water and peas, and simmer for 5 minutes, or until it bubbles.

In a small saucepan over medium-high heat, place the coriander seeds, cumin seeds, and poppy seeds and lightly roast for 4 minutes, or until fragrant. Allow the seeds to come to room temperature. Grind the seeds into a powder using a coffee grinder. If you don't want to grind your own seeds, use the Whole Spice Conversion Chart on page 21.

Stir the spices into the mixture in the skillet. Add the red chili powder, garam masala, turmeric, salt, and sugar and stir. Add the tomato paste and then the 2 cups paneer liquid or whey.

Just before serving, add the paneer cubes to the skillet, and simmer until hot. For a thinner consistency, add ½ cup water.

Serve with rice or naan.

Serves 6 to 8.



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Bina Mehta • binarmehta@gmail.com • (970) 227-9283 • www.MethiMasala.com