



Desserts: Sweet and Savory Desserts, Breakfast and Snack recipes are featured in this volume.

Parsi Customs, Traditions and historical background is ... appropriate. (Parsi Cuisine)

(Volume 2)

Rita Jamshed Kapadia

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Our Parsi Cuisine cookbooks are a labor of love. The cookbooks began in an effort to maintain and preserve our recipes and traditions for the next generation, many of whom have been raised in USA, UK, Australia, France, Germany, Canada and other countries outside of India. Parsi Zarathushtis from India have settled in North America and other continents making the land they live in their home. Adapting to the local produce available, Parsi Cuisine takes on a nuance of that local area. This style of cooking incorporates Indian, Persian, Asian, Mediterranean and other styles. Many of the recipes are the original dishes cooked by Parsi women and "babarchis" (cooks) from Surat, Navsari and Bharuch - bringing to life and preserving cuisine that may otherwise be lost forever. The series cookbooks have authentic, tested mouth-watering recipes with historical background of traditional Parsi Cuisine. Parsi, Persian and Indian Heritage background is given wherever appropriate. I have tried to emphasize how nutritious Parsi-style of cooking is even now in the 21st century.

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