



The Ultimate Nepalese Cook Book

By Pemba Lama, Nicci Gurr

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Learn the art of Nepalese cooking

A unique collection of traditional and never before seen Nepalese recipes and methods which are simple and easy to follow. Dip in here to open up a whole new world of traditional and modern Nepalese cooking. All ingredients can be found fairly easily in stores these days – just let the illustrations guide you, have fun, learn and enjoy.

Summary of content

- Introduction
- Nepalese Spices
- Basic Ingredients
- Simple Starters
- Vegetable Dishes
- Chicken Dishes
- Meat Dishes
- Fish Dishes
- Chutneys and Sauces
- Breads
- Desserts
- Beverages
- Puddings with Nicci Gurr
- Acknowledgments
- About the author
- Glossary

About chef and author Pemba Lama

Ex-Gurkha soldier, Pemba Lama served in the British Army for 23 years, retiring as a senior Gurkha Catering Officer. Pemba has served in many countries, experiencing a variety of cuisines and cultures and in 1993 became a Catering

Instructor in Hong Kong after completing the Advanced Chef Training in Higher Culinary Skills at the Army School of Catering in the UK.

On retiring Pemba joined the Civil Service as a Specialist Instructional Officer at the Defence Food Services School in the UK. He now teaches catering and ethnic cookery to Armed Forces chefs and various clients in the UK. Pemba has cooked for many prestigious clients including, Her Majesty The Queen, the Dalai Lama and Jamie Oliver.

Book Website

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The Ultimate Nepalese Cook Book By Pemba Lama, Nicci Gurr Bibliography

- Sales Rank: #577044 in eBooks
- Published on: 2014-07-21
- Released on: 2014-07-21
- Format: Kindle eBook

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Cynthia Bryant:

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Joe Garner:

In this particular era which is the greater man or who has ability in doing something more are more valuable

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