

Ummed Singh

COOKING FOR EVERYBODY

First Edition



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Every culture has a unique food philosophy. The way we cook our food tells a lot about who we are. Put together a group of Bengalis and the conversation will invariably veer towards food accompanied by spirited repartee involving the subtleties of Bangal (East Bengal) and Ghoti (West Bengal) cuisines. Factor in the cultural diversity of India and we could have similar debates played out a million times over. Palates may be formed by socio-cultural influences, but the act of cooking itself is a spiritual pursuit.

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