



The Modern Balti Cookbook: 100 Classic Dishes for You to Create at Home

Pat Chapman

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Balti or karahi cooking originates from Baltistan in Pakistan, and in his latest cookbook, Pat Chapman has gathered Balti dishes that can be prepared with ease in home kitchens everywhere. Here are clear, simple-to-follow recipes for classic curry favorites cooked in the Balti method—dishes like Balti Mt-spi-cha-chi-aub (meat with spinach, chana dhal, chickpeas, and eggplant); Bholā Balti (lamb, chicken, and mixed vegetables); and Balti Exhaustion Dish—the ultimate curry that includes just about everything! This is a must-have cookbook for fans of curries and Indian food. Pat Chapman's previous book was *The Real Fast Curry Cookbook*.

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