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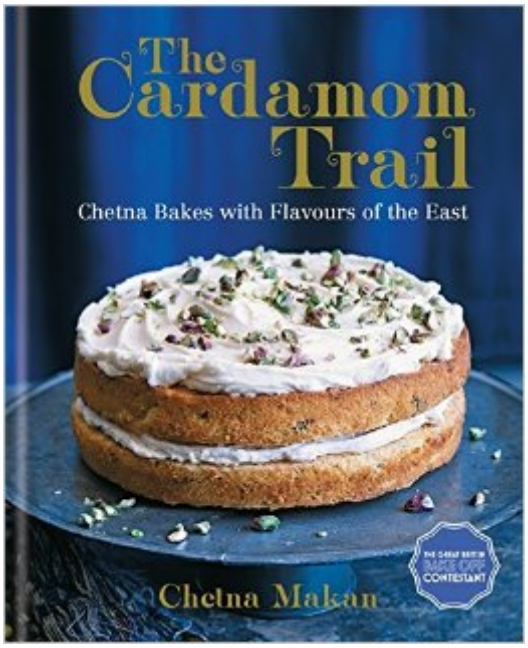
The Cardamom Trail: Chetna Bakes With Flavours Of The East



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Synopsis

Chetna Makan is known for her unique recipes, which introduce colorful spices, aromatic herbs and other Indian ingredients into traditional Western baked favorites.Whether it’s a sponge cake with a cardamom and coffee filling; puff pastry bites filled with fenugreek paneer; a swirly bread rolled with citrusy coriander, mint and green mango chutney; or a steamed strawberry pudding flavoured with cinnamon, Chetna’s Indian influences will transform your baking from the familiar to the exotic, from the ordinary to the extraordinary.Discover rare but precious traditional bakes from India, as well as new spice-infused recipes. Delve into the history of Indian herbs and spices and learn how to match foods and flavors.

Book Information

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Customer Reviews

Chetna Makan was, famously, nearly the winner of a season of the Great British BakeOff. She made some appealing and unusual recipes, and the book is full of similar ones. If you are interested in spicing up your baking, this book will help you do so. There are a few too many not-quite-baking recipes for my preferences, but that’s just me.I’ve made a couple of things that worked well, so the recipes themselves are reliable. You’ll have to be able to translate a few British baking terms into US practice (make sure you have a scale that measures in grams). And you’ll have to follow her shaping instructions carefully; they aren’t always as clear as they could be. You’ll also find yourself in an Indian grocery store buying a few unusual spices. But its worth it for the results and the fresh ideas.

We borrowed the book from the library and made the Lychee Cake today because it sounds interesting. The result was good, but not exceptional. The cake texture was like cornbread and wasn't tremendously good. The recipe direction lacked clarity on some directions. For example, the recipe called out for 400g of canned lychee, but it wasn't clear whether the 400g meant the lychee weight by itself, or lychee + syrup weight. Another issue was the temperature needed to make caramel and that we weren't supposed to stir the water + sugar mixture while it is caramelizing (maybe she assumed it was common knowledge). We stirred the mixture the first time and the water boiled off, leaving us with sugar crystals only, and we had to scrap and start again. We found some help by looking at random YouTube videos on making caramel which got us back on track.She may have some other recipes that are much better and we just stumbled on the not-so-good one.

This is a beautiful book. Even reading each recipe you can taste the wonderful flavors of each bake. If you don't bake often, you should learn the basics first, some recipes assume you have the experience. But if you bake a lot as I do, this book is like an adventure of flavors. In fact, because it takes the time to describe each spice in detail you can even use it for ideas to add a twist to soups. grains bowls, meat, fish, etc. A must have, and this is the millennial in me speaking, but the pictures are AMAZING! A must have in your cookbook library.

I love this book. I fell in love with Chetna from the only season of the Great British Baking Show on Netflix. I have seen every episode many time and was always intrigued by what Chetna was making. I would never be able to come up with the ideas and spice combinations. The ideas are great and the instructions are easy to follow. I have only made three things from this so far but have many more I want to make.

Beautifully illustrated - you can see Chetna's design sensibilities shine through. Recipes have really interesting flavors and spices. Some of the ingredients aren't in the average American supermarket, but so far I've been able to find everything either at speciality supermarket or here on . I've tried and liked two of the sweet and one of the savory recipes.

We've made three recipes so far - and they've all been excellent and unusual. Very happy that Chetna's book has, if anything, exceeded the expectations we had as GBBO fans.

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