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Sommario/riassunto	What is it that makes Indian food so recognizably Indian, and how did it get that way? Feasts and Fasts: A History of Food in India is an exploration of Indian cuisine in the context of the country's religious, moral, social and philosophical development. It addresses topics such as dietary prescriptions and proscriptions, the origins of vegetarianism, culinary borrowings and innovations, the use of spices and the inseparable links between diet, health and medicine. It also looks at special foods for festivals, street foods and the splendour of Mughal

feasts. This lavishly illustrated book gives a mouth-watering tour of India's regional cuisines, containing numerous recipes to interest and excite readers.

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