

Mridula Baljekar Wins Best In The World Again

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Mridula Baljekar is well known in the international culinary circuit as a highly respected cookbook author. Her latest scoop is the 'Best Indian Cookbook in the World' awarded by the Gourmand World Cookbook Awards, considered to be the Oscars of the cookbook world. This is Mridula's second 'Best in the World' by Gourmand.

The awards ceremony in Beijing was a glittering affair which was organized by the Gourmand team headed by Edouard Cointreau, President and Founder of Gourmand International.

Participants from around the world totaled a massive 187 countries. Mridula beat stiff competition and won the title. Six finalists were chosen from each category and Mridula won for UK/India for her latest book, The Complete Indian Regional Cookbook. Out of the six finalists, three were declared 'Best in the World' and all three have equal rights to the use of self adhesive 'Best in the World' stickers and a certificate.

It is a compilation of wonderful recipes exploring well-known as well as unknown territories of India. Stunning photographs throughout the book bring each region of this vast country to life making it totally enticing.

The introduction shows how regional foods are influenced by various external and internal factors such as the legacy left behind by foreign invaders, geography, climate, religion and local customs.

Indian food truly matches the varied conditions that exist in the country and Mridula has captured the diverse nature in simple and easy to follow instructions.

This book is beautifully illustrated with many stunning photographs which evoke the character of each region and the 300 recipes provide a delightful and inspiring range of dishes from this unsurpassed cuisine.

Mridula was born in Assam, the tea-growing area in north east India. When she moved to England she turned her childhood passion for cooking to a highly successful career. Find out more about Mridula here www.mridula.co.uk.

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Tel: (0044) (0) 207734 9995. Email: gary@kbapr.com or dee@kbapr.com.

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