

Mysteries and Spices RECIPES

Resources to be shared in the chat and follow-up email

- Grocery stores in the Howard County where we can find Parsi Ingredients and Niloufer's Book

Guru Groceries and Chaat House

7817 Old Georgetown Road, Bethesda MD 20814

Store: 301.251.4400. Cell: 301.318.5600

Instagram: @gurugrocerieschaathouse

Facebook: <https://www.facebook.com/gurugroceries>

Banana leaves can be found at Asian / Korean food stores. Or parchment can be used.

- The Fish Recipe prepared today
<https://thecookscook.com/recipes/patra-ni-machi-fish-banana-leaves/>
- The Chutney recipe is included in the above fish recipe.
- Link to buy Sujata's Books <https://sujatamassey.com/>
- Link to buy Niloufer's book
<https://www.amazon.com/World-Parsi-Cooking-Across-Borders/dp/1999009908>

[The World of Parsi Cooking : Food Across Borders](#) is available from Amazon in the USA. Please note that **the last 126 books** are now left in their system which will not be refilled. While amazon has several reviews on this book and has a short video of the pages of the book, here are some more links to look into the cookbook before purchase.

[A sneak peek](#) into The World of Parsi Cooking: Food Across Borders.

Cookbooks are created and written for various reasons. Here is [why The World of Parsi Cooking: Food Across Borders](#) has been put together.

Reviews are always welcome. Here is a page on how my passionate mission of [#revivinganancientcuisineone](#) recipe at a time has picked up momentum

[Niloufer's Kitchen](#) is always involved with communities across the world. Here is the [update page](#) on what we have done so far.

Yesterday we prepared Patra ni Machi - the [coconut chutney](#) is such a useful recipe. This chutney can be used in many ways.

[Chutney Sandwiches](#)

[Eggplant stuffed with Chutney](#)

[Parsi Scotch Eggs](#)

[Fish in puff pastry](#)

[Spicy lentils](#) - this recipe is for a crowd you can halve or quarter it for a family of 6.

I hope that all of you are planning to try out a Parsi food recipe soon. Feel free to connect, ask questions, book a cooking demonstration or simply reach out for a community event. You may follow Niloufer on instagram, facebook and linked in to keep updated. Niloufer has shared her email for questions: niloufer.mavalvala@gmail.com

Thank you so much for joining us!

We love hearing from you! Please fill out our survey and share your thoughts:

<https://bit.ly/surveyhcls>

Good night.