

A NOTE FROM THE PUBLISHER

Dear Reader,

I'm writing to tell you about *Instant Pot Indian: 70 Full-Flavor, Authentic Recipes for Any Sized Instant Pot* (Agate; April 25, 2023; 978-1-57284-317-2; \$21.95), by bestselling cookbook author and Indian food authority Anupy Singla. This approachable cookbook presents 70 classic Indian recipes, each tested and outlined for three different Instant Pot sizes, along with a crash course on using the Instant Pot and a primer on Indian spices. We think it's a game-changer in this popular category.

Indian food, a beloved cuisine around the globe, can be an enigma for aspiring cooks who hope to recreate their favorite meals at home. Anupy Singla—born in India, raised in the Philadelphia area, and a former broadcast journalist—grew up making trips to her grandfather's village in Punjab, where she learned how to cook traditional Punjabi-style food. Singla's books combine her deep knowledge of traditional Indian cuisine and her journalistic sensibility to provide readers with accessible meal ideas that demystify authentic Indian cooking for the home chef. In her first book, *The Indian Slow Cooker*, Singla set out to show busy families how simple it can be to prepare healthy and authentic Indian recipes at home, a project she continued to explore in her *Indian for Everyone* and *Vegan Indian Cooking*. Now, she brings her expertise, authority, and commitment to creating delicious recipes to the Instant Pot.

In the last decade, the Instant Pot has gained immense popularity for its ability to streamline the cooking process and provide the same functions of a pressure cooker, a rice cooker, a yogurt maker, and more, all in one device. Dishes that usually take hours on the stovetop can be ready in minutes. Now, *Instant Pot Indian* provides Instant Pot lovers with delicious *and* healthful Indian recipes that are quick and convenient to make in this all-in-one device. Through years of rigorous testing, Singla has scaled every recipe up and down for different-sized devices, presenting them in easy-to-navigate charts so that perfect flavor can be achieved every time, regardless of which device model or size is being used.

Instant Pot Indian contains classics such as *palak paneer*, butter chicken, and *dal*, and its robust selection of recipes is enhanced by Singla's tips and insights for preparing and storing food as well as a rundown on Indian spices and how best to use them. Singla empowers readers to create beautiful and healthful meals at home while prioritizing convenience—but without compromising a commitment to flavor that competing titles simply cannot match.

I hope you will consider *Instant Pot Indian* for a review or feature. Anupy Singla is available for interviews and cooking demonstrations. Recipes and accompanying photographs are available to reprint. If you would like more information about the book, please contact Jacqueline Jarik, Agate's publicity manager, at 847.475.4457 ext. 4# or jarik@agatepublishing.com.

Yours,

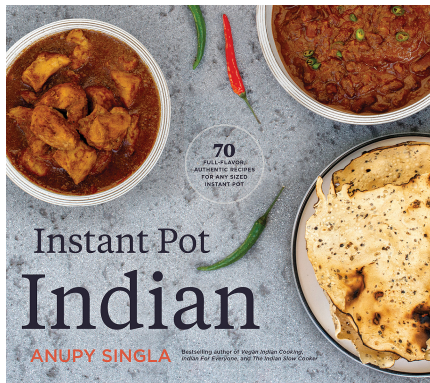
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Instant Pot Indian ***70 Full-Flavor, Authentic Recipes for Any Sized Instant Pot*** **By Anupy Singla**

Hook: A rich collection of convenient but matchlessly flavorful classic Indian recipes specifically designed for three Instant Pot sizes, from a renowned authority on Indian food.



This new cookbook from bestselling author Anupy Singla brings easy and accessible Indian favorites to the home cook with 70 recipes specifically designed for the Instant Pot. Each recipe lists ingredient measurements for three different Instant Pot sizes, eliminating any guesswork for scaling dishes up or down. The book also equips readers with essential tips and tricks for navigating the Instant Pot and using Indian spices—the keys to delicious, top-quality flavor development.

Instant Pot Indian is organized into six sections. The opening section introduces the reader to the joy of cooking Indian food at home and includes a primer on Instant Pot functions and Indian ingredients. Ensuing chapters include recipes for soups and *dals*, vegetables, meat dishes, side dishes, and desserts.

Recipes include, among others:

- Chicken *Tikka Masala*
- *Toor Dal Rasam*/South Indian Tomato and Tamarind Soup
- *Murg Makhani*/Butter Chicken
- *Palak Paneer*/Curried Spinach with *Paneer*
- Lamb *Biryani*
- *Aloo Baingan*/Spicy Punjabi Eggplant with Potatoes
- *Dhuli Moong Dal*/Simplest of Simple Yellow Dal
- *Chana Masala*/Curried Chickpeas

Anupy Singla is a journalist and cookbook author based in Chicago, Illinois. She is the proprietor of the food company Indian as Apple Pie, and also has a blog by the same name, for sharing her easy, healthy, delicious, and authentic recipes with a wide audience. She is a member of the prestigious Les Dames d'Escoffier International, a global philanthropic organization of women leaders in the culinary and hospitality industry. Her work has appeared in the *Chicago Tribune*, the *Chicago Sun-Times*, the *Wall Street Journal*, and more.

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Q&A with Anupy Singla, author of *Instant Pot Indian*

How did the experience of writing *Instant Pot Indian* differ from that of your last cookbook?

I write cookbooks based on what I think a home cook needs. Why, this cookbook project quickly turned into writing three cookbooks in one with three recipes for each dish! As I began testing, I realized it was not enough to give users just one recipe using a cup of product like other cookbooks. At least three recipes are needed to navigate successfully from one size of Instant Pot to another. And it was not enough to add notes at the end on scaling up or down, which is where the idea of a chart for each recipe developed. I know it's not conventional, but it's the most efficient and foolproof way for any Instant Pot user to pick up my book and successfully cook.

Why the Instant Pot? How has this cookbook made Indian food more accessible?

I have been writing this book in my head for over a decade. As soon as I saw my first electric pressure cooker, I knew this was going to be the easiest way for Americans to access cooking seemingly tough ingredients like beans and lentils. Much like a Crockpot, the Instant Pot allows you to add ingredients to the pot, press a few buttons, and literally step away and go on with your day. Sure, you can use a pressure cooker on the stove, but plugging a device into a socket is what changes the playing field. And now with a cookbook that walks you through every favorite Indian recipe, there's no reason you can't get Indian food on your table every week, if not every night. I'm especially thrilled to offer this book to my fellow Indian American moms and dads who struggle not only to get food on the table but to offer up their childhood food memories to their own children. My mission is to preserve our family recipes for generations to come.

What is one of your favorite recipes from this new cookbook? What was the inspiration behind it?

In all my books, I lead with a recipe for *Rajmah*, Punjabi kidney bean curry. I love this dish so much we even photographed it for the cover rather than just a butter chicken or chicken *tikka masala*, which are both delicious but not as authentically found on our tables. It is truly what we eat every single weekend and what my girls grew up loving. Our pediatrician even started eating this dish after my kids raved about it to her in every doctor's appointment.

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You're the author of four cookbooks now. How do you find inspiration to create new recipes?

I love to eat. My family loves to eat. And I truly love the process of taking a dish and breaking it down over and over to simplify it to the point that it can be replicated without losing any of the essence of the dish itself. What am I most proud to offer in my cookbooks? Recipes that are clear, concise, and very well-tested. People don't have the time and resources to waste on recipes that flop. I want to be sure when they invest in me and my cookbooks, they truly take their cooking and eating to another level. I also want to be sure that my own community can use my cookbooks as an anthology on how to preserve their food roots with their own family. My most treasured feedback is when someone from my community makes a recipe and responds that it made them think of their mother's cooking or reminds them of their childhood home.

You've talked previously about how wanting to teach your daughters to appreciate good Indian food is why you pivoted from being a reporter to being a cookbook author. Have your daughters inspired any recipes in the cookbook? What are their favorite recipes?

My daughters are now in college. It's hard to believe, because I began writing these recipes down essentially for them when they were babies. How do I know I have made a difference? Whenever they come home, the first thing they look for is my cooking and something Indian in the fridge. They have a huge love for Indian food and cooking. And they constantly share this love with their friends. They are proud of their culinary roots and invite their friends over to share their mom's cooking. Every recipe I make, I always try on them and my husband first, and they typically always give me a thumbs up before it goes into the cookbook.

What's next for you?

I have a few other book ideas as well as a cooking show on Indian cooking. I am also working on getting my spice and sauce line on more grocery store shelves. You cannot make Indian food successfully without the right ingredients, and it's about time that someone made it easier to access those ingredients in mainstream grocery stores and beyond. My line is sold under the brand Indian As Apple Pie and is slowly gaining recognition and is on shelves in the Midwest and other regions. I also write weekly on my website www.indianasapplepie.com so that I can continue to showcase not only Indian food, but healthy Indian cooking.