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A NOTE FROM THE PUBLISHER

Dear Reader,

I'm writing to tell you about ***VEGAN INDIAN COOKING: 140 Simple and Healthy Vegan Recipes*** by Anupy Singla (Agate Surrey, 978-1-57284-130-7, July 6, 2012, \$19.95). The eagerly anticipated follow-up to the bestselling *The Indian Slow Cooker* (Agate Surrey, 2010), this new cookbook boasts nearly 150 more of Singla's healthy and delicious recipes—this time in full vegan presentations.

The Indian Slow Cooker showed readers that cooking Indian food did not have to be an arduous, intimidating process. Further, Singla demonstrated the many healthy benefits to Indian food, removing much of the heavy cream and butter that most Americans associate with Indian cooking, especially as encountered in restaurants. Much of the food most Indians eat is already vegetarian; in *Vegan Indian Cooking*, Singla goes a step further in creating exciting new recipes that are wholly vegan.

Vegan cooking has exploded in popularity over the last few years, as people seek out healthier, more responsible eating choices. Singla has adapted some of the most popular and familiar Indian recipes using strictly vegan ingredients without sacrificing any of the taste that lovers of Indian food expect. The result is a beautiful cookbook, full of gorgeous color photography, featuring healthful, richly flavored recipes that are sure to thrill the taste buds of vegans and non-vegans alike.

Anupy Singla found a large and appreciative audience with her celebrated first book, which is now in its seventh printing and has been the number-one bestselling Indian cookbook on Amazon.com since shortly after it was released. *The Indian Slow Cooker* has been praised in the *Wall Street Journal*, *Good Housekeeping*, *Better Homes and Gardens*, and the *Chicago Sun-Times*, and was named a Top 10 Cookbook of 2011 by the *Atlantic*. Singla appeared on WGN-TV, WLS-ABC, FOX Chicago, and numerous network affiliates across the country, and the *Chicago Tribune* recently named her one of its "Remarkable Women." She made scores of appearances doing demos, talks, and signings across the U.S. and Canada for her first book, and will be doing the same to promote *Vegan Indian Cooking*.

I hope you will consider *Vegan Indian Cooking* for a review or feature. As mentioned above, Anupy Singla is herself a veteran journalist who has done many interviews and on-air cooking demonstrations, and she's available for live and taped interviews at any time. For more information, please contact Jacqueline Jarik, Agate's publicity coordinator, at 847-475-4457 ext. 4# or at jarik@agatepublishing.com.

Best,

Doug Seibold

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Praise for Anupy Singla and *The Indian Slow Cooker*

“Anupy Singla’s *The Indian Slow Cooker* has saved me on many busy days, including when my in-laws were coming to dinner. The recipes are straightforward and, just as the subtitle claims, easy, healthy, and authentic. My mother-in-law, who has been making traditional biryani for decades, praised this slow cooker version and my father-in-law asked for seconds of my carrot halwa.”

Sarah Elton, the *Atlantic*, calling *The Indian Slow Cooker* a “Top 10 Title of 2011”

“My favorite new slow cooker book is *The Indian Slow Cooker* by Anupy Singla. . . . Because Indian dishes are rich in spices and robust flavors, they stand up well in slow cookers. Singla actually developed the recipes specifically for the slow cooker so the techniques and ingredients work well in the machine.”

Genevieve Ko, *Good Housekeeping*

“Of all the world’s cuisines, India’s is perhaps best suited to the steady simmer of a slow cooker. . . . If you love Indian food, have a look at Anupy Singla’s *The Indian Slow Cooker*. Folded in with lush food photography are easy, healthful recipes with traditional flavors.”

Lois White, *Better Homes and Gardens*

“Singla’s book goes against what many believe is required of Indian cuisine. . . . the book gives old- and new-school cooks alike ample reason to give Indian food a shot.”

Janet Rausa Fuller, *Chicago Sun-Times*

“Anupy Singla’s cookbook, *The Indian Slow Cooker*. . . is slim in appearance, a mere 136 pages. Yet the author has packed its pages with 50-plus recipes, lots of guidance and enough enthusiasm for slow cookers and Indian food that fans of either or both will be prompted to try one of her recipes, perhaps simple spinach and lentil soup or butter chicken.”

Judy Hevrdejs, *Chicago Tribune*

“What a departure from the usual slow cooker cookbooks on offer. Anupy Singla’s new cookbook, *The Indian Slow Cooker*. . . is likely the book to convince you that you do, in fact, need a slow cooker. Singla’s recipes, and writing in general, exudes common sense and practicality. . . . Straightforward, healthy recipes for easy preparations of all your favorite Indian dishes combined with mouthwatering photographs make this a cookbook any lover of Indian food will appreciate.”

EAT magazine

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VEGAN INDIAN COOKING BY ANUPY SINGLA

Hook: The follow-up to Anupy Singla's bestselling *The Indian Slow Cooker* features more than 140 delicious vegan recipes that take Indian cooking to a healthy, responsible new level. Both Indian and vegan food have been growing enormously in popularity over the last several years, and *Vegan Indian Cooking* is sure to build on the large audience Singla found for her first book.

Vegan Indian Cooking brings the bright, exciting flavors of the subcontinent to healthful vegan eating. The book features more than 140 great recipes and gorgeous color photographs, some taken during a recent trip Singla made to India. In addition, each recipe includes metric conversions, making it truly accessible for any cook.

Singla, a former TV news journalist, has an appealingly distinctive voice that brings alive her passion for healthful, authentic, simple-to-prepare Indian food. While many of these recipes are more traditional in nature (most Indian regional cooking is vegetarian), some are "fusion" recipes that draw from diverse regional traditions. Singla shows that preparing healthy Indian food is mostly a matter of understanding a few key spices.

As Singla sees it, acquiring and using the proper spices is the key to preparing her recipes at home. Singla recently brought to market her own traditional Indian spice tray (known as a *masala dabba*), which is being sold by retail outlets like Williams-Sonoma. *Vegan Indian Cooking* builds off of Singla's expertise in simplifying and perfecting Indian spice blends, making delicious Indian cooking accessible to even the most harried home cook.



Anupy Singla formerly worked as an on-air TV reporter and anchor for CLTV News, the cable arm of the Tribune Company sister station to Chicago's WGN-TV, and for Bloomberg TV. She's demonstrated her recipes and cooking skills on WGN-TV, WLS-ABC, and numerous network affiliates across the country. Her previous book, *The Indian Slow Cooker* (Agate Surrey, 2010), has been the number-one bestselling Indian cookbook on Amazon.com since its release. Born in India, she now lives with her husband and two daughters in Chicago.

***Vegan Indian Cooking*, July 6, 2012, 978-1-57284-130-7, 248 pp, \$19.95**

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