



Dastarkhwan-e-Awadh: The Cuisine of Awadh

By R. K. Saxena, Sangeeta Bhatnagar

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Dastarkhwan-e-Awadh takes the reader on a historical and cultural journey through the mouthwatering cuisine of Awadh. Awadhi cuisine is famous for its nafaasat (refinement) and nazaakat (delicateness); a cooking style achieved through the magical blending of spices, slow-fire cooking, and its seasonal harmony with nature. This compilation presents timeless recipes from the stately kitchens of the Awadh region. Each recipe is made more interesting with images of tantalizing food.

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Editorial Review

About the Author

Dr Sangeeta Bhatnagar received her education in Lucknow, the seat of Awadh culture. She obtained her PhD in Economics from Lucknow University, where she was a lecturer for a few years. Sangeeta has also hosted cookery shows on television and been on the editorial team of Food magazine. R.K. Saxena is a science graduate from Bombay University. He obtained a PG Diploma in Specialized Hotel Management from the Dadar Catering College, Mumbai. He headed the catering department of the Bangalore Hotel School (IHM) for six years, was director of IHM, Lucknow, for fourteen years and director of Dadar Catering College (IHM), Mumbai, for nine. Since July 2013, Saxena is an independent hospitality consultant based in Lucknow.

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