



Indian 101

Real Indian Recipes Made Simple

By Karan Gokani

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Bestselling food writer and co-founder of Hoppers Restaurants, Karan Gokani, is set to transform home cooking with his latest cookbook, *Indian 101*, a fresh, accessible guide to real, delicious Indian home food. Whether you're a beginner or an experienced cook, this book makes authentic Indian recipes easy, intuitive, and enjoyable, proving that you don't need a cupboard full of spices, complex techniques or hours in the kitchen to create incredible Indian dishes.

Going beyond the clichés often associated with Indian cookery, *Indian 101* introduces readers to the true flavours of India's rich culinary landscape, showcasing the amazing diversity of ingredients, techniques, and traditions across the regions. Indian-born Gokani guides us to associate curry leaves and coconut milk with the south, dairy-rich dishes with the north, mustard oil with the east, and the vegetarian delicacies of Gujarat in the west.

Gokani, known for his Michelin Bib Gourmand-winning restaurants Hoppers, eponymous debut cookbook, and very popular social media account @karancooks, brings his expertise and passion for Indian cuisine to every page. The book is packed with his practical tips, shortcuts, and flexible cooking methods, including air fryer adaptations, tray-bake alternatives, and ingredient swaps that allow home cooks to stay true to Indian flavours while making recipes work for their lifestyle. From effortless weekday meals like Parsi Eggs on Potatoes or easy Lemon Rice to indulgent weekend feasts like Pork Vindaloo, *Indian 101* is the go-to cookbook that makes Indian cooking accessible and inspires readers to explore, experiment, and even travel to India to experience its culinary diversity firsthand.

"I hope this book is more than just a collection of recipes," says Gokani. **"I want it to inspire people to discover the incredible depth of Indian cuisine, become confident with new flavours, truly connecting with the ingredients and techniques and using them intuitively in their everyday cooking."**

For further information, interviews, review copies or publicity recipes please contact **Sarah Bennie PR** on sarah@sarahbennie.com



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**Endorsements for
Hoppers Cookbook**

The Times Top 10 Best Food Books of
2022

Financial Times Top 3 Best Books of
2022: Food and Drink

The Independent 10 Best Cookbooks
of 2022

The Telegraph Autumn 2022 Best
Cookbooks

Hot Dinners Best Cookbooks of 2022

"A beautifully crafted collection of heartfelt, wonderful recipes from one of the most exciting chefs and restaurants of the past few years. Eclectic, interesting and above all else, super-tasty. A must-have for anybody who has an interest in the world of food." – **Tom Kerridge**

"How lucky are we to have Hoppers! First the restaurants, now the book, giving... a taste of the incredible riches of Sri Lanka. The recipes and the photos have such a transportive power. I love everything! But first on my list to try is the Hot Butter Squid, followed by an epic Buriani." – **Yotam Ottolenghi**

Karan grew up in Mumbai with a deep love for food and hospitality. He moved to England in 2005 to study law at the University of Cambridge, but even as a practising solicitor, his passion for food never faded, and he spent time in professional kitchens in his spare time.

In 2012, Karan decided to leave his legal career at a prestigious Magic Circle law firm to pursue his love for hospitality full-time, traveling across India and Sri Lanka to immerse himself in their food and culture.

In 2015, Karan co-founded Hoppers, a Sri Lankan and South Indian restaurant in London's Soho, with JKS Restaurants. The restaurant quickly earned a prestigious Bib Gourmand and glowing reviews from critics like Fay Maschler and the late AA Gill. This success led to additional locations in Marylebone (2017) and King's Cross (2020). In Autumn 2022, Karan released the highly anticipated and well-received Hoppers: The Cookbook (Quadrille).

In September 2025 Bluebird publish **Indian 101: Classic Indian Dishes Made Simple**. Over the years, Karan has written travel features and recipes on Sri Lanka and southern India for major publications and appeared on BBC Saturday Kitchen, MasterChef UK, Jamie's One Pound Meals (Channel 4), and NBC's Today Show. He has collaborated with brands like Shake Shack and Soho House, further cementing his influence in the culinary world.

Karan has built a dedicated following of over 650,000, sharing travel, dining, and home cooking inspiration with a focus on Indian and Sri Lankan cuisine. His Indian 101 Instagram series has garnered over 75 million views.

Karan is deeply committed to giving back and leads Hoppers' Feeding the Future, a charitable initiative in Sri Lanka in partnership with the Hemas Outreach Foundation. The program supports underprivileged children by providing nutrition and infrastructure for education. Since 2022, the initiative has raised over £350,000 and built three preschools, offering early childhood education to more than 148 children.

Karan lives with his wife Sunaina and two young sons in London. He loves travelling and discovering new food and people, cooking, music and writing and cycles around London to keep fit. His dream is to cook for Bruce Springsteen one day!

@karancooks and @hopperslondon on social media, or visit www.hopperslondon.com.