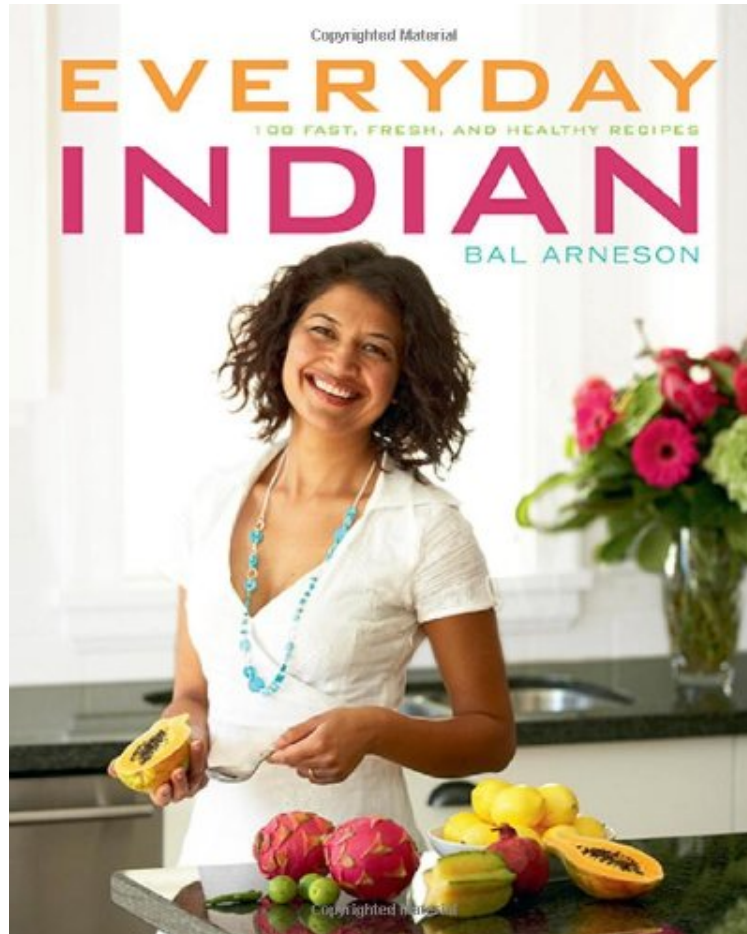


[Read download] Everyday Indian: 100 Fast, Fresh and Healthy Recipes

Everyday Indian: 100 Fast, Fresh and Healthy Recipes

Bal Arneson

*audiobook | *ebooks | Download PDF | ePub | DOC*



DOWNLOAD



READ ONLINE

#897021 in Books 2009-03-15Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.96 x .70 x 8.10l, 1.59 #File Name: 1552859487192 pages | File size: 15.Mb

Bal Arneson : Everyday Indian: 100 Fast, Fresh and Healthy Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Everyday Indian: 100 Fast, Fresh and Healthy Recipes:

7 of 7 people found the following review helpful. Lots of low-fat vegetarian recipesBy CarrieOverall, I really like this book. It has a lot of low-fat, vegetarian recipes, and it uses a lot of great spices. I have tried several recipes, and while they are good, I have learned to adjust the amount of cumin seed in the recipes. Several of the recipes are very long on cumin seeds (I've seen as many as two tablespoons), and I find this makes the recipes somewhat bitter. (I am planning to try another brand of cumin seed, though, to see if maybe I bought a bad batch.) But the other ingredients are great, and I really appreciate the use of lots of vegetables, beans, etc. You will find that a lot of recipes are a North American (and healthy) twist on traditional Indian food.The biggest problem I have had with this book is the spices. The book says that several spices (like fenugreek seeds, for example) are "available in any supermarket." She also provides recipes for making your own chana masala and other spice mixes, but says that these spice mixes are also readily available in any supermarkets. I have not found this to be the case; I had to go to an Indian grocer to get the fenugreek

seeds, chana masala, pomegranate powder, mango powder, etc. I happen to live somewhat close to an Indian grocer, but if you don't, you may find it difficult to get some of these spices (especially if you don't especially want to make the spice mixes yourself). However, if you do go to an Indian grocer, the spices are pretty cheap. (The chana masala, pomegranate powder, etc. were found in boxes at the store I went to. The proprietor of the store had to help me locate the mango powder because it goes by another name.) Overall, though, I do highly recommend this book. The spice issue is really not a big deal at all if you are close to an Indian grocer.

2 of 2 people found the following review helpful.
A Personal Breakthrough
By E. DeSapio
My husband and I both love Indian food, but I never attempted to prepare it before. I bought two Indian cookbooks on . One used a slow-cooker and two of two recipes in the slow cooker book were just marginal. On the other hand, 3 of 3 recipes I've tried from this book are, not only easy, but truly outstanding. The three I tried are: baked eggplant, the tandoori quesadillas and five-minute chickpeas. All of them turned out great - restaurant quality for a fraction of the cost and for minimal time. Truly outstanding and I can't wait to try more from this book and from Bal's other book.

4 of 4 people found the following review helpful. A total winner
By Karina A Suarez
Ever since I married a Pakistani man, I have been wanting to manage the Eastern cuisine. The wondrous spices, some of them almost enigmatic, seemed to me a remarkable feat to master. As I grew to trying the foods of India and the Far East at friends' houses and ethnic restaurants, I had a very difficult time handling the extreme heat these foods are sometimes prepared with. Yet, I needed - and wanted - to master the art of Indian cooking. Spice Goddess show host Bal Arneson's approach is unique in the way that she suggests an Indian cuisine that is healthy, colorful and extremely flavorful. The recipes in this book will make anyone fall in love with Indian cuisine. I love the cherry tomato and paneer salad (page 60), refreshing just by itself with its hint of mint and slight touch of sweetness given by its lemon and warm honey dressing. It goes perfect with an accompaniment of cauliflower-masala parathas (pages 24 - 25), made at home from scratch in the simplest of ways, with a basic naan bread made out of whole wheat dough. For your protein intake, Bal's no-butter chicken (page 130) rounds up the perfect supper, hopefully with some leftovers for the next day - although this would be unlikely, as the curry sauce for this chicken is heavenly and everyone will clean their plates to the last drop. Prior to trying this recipe, I thought curries were so hard to make. Not anymore. All these recipes are meant to be simple and full of flavor, and they accomplish these two tasks beautifully. In fact, Bal Arneson's forte are her most simple suggestions, such as the basic lemon dressing (page 73) used to accompany the tuna with greens (page 68). A basic preparation of sugar, coriander, cumin, salt and flaxseed oil, once the lemon juice is added, it turns bright golden yellow, making for a fantastic feast to the eyes and a delicacy for the palate. There are so many more recipes I want - and will - try from this book, such as the ones that use buffalo meat, including mouthwatering pasta and burgers, as well as her lamb, a meat I personally love. Besides eating all of these marvelous meals, what I enjoyed most since reading this book are my little exploratory trips into the local ethnic stores, as well as my searches on the net in order to find some of the spices and pastes needed to prepare them, although this poses in no way a difficulty to start cooking the meals in this book. I dare everyone to try their hand at Indian cooking in a healthy way on the hand of Bal Arneson, and thus become their own true Spice Goddess.

This exciting new cookbook introduces a modern concept in Indian cuisine - it can be simple, quick and delicious. With most of the healthy recipes in *Everyday Indian: 100 Fast, Fresh, and Healthy Recipes* ready in less than 25 minutes, Bal Arneson proves that Indian cooking doesn't have to be complicated. Her recipes use everyday spices and common techniques to create simply mouthwatering dishes that the novice cook and experienced home chef alike can whip up at home. *Everyday Indian: 100 Fast, Fresh, and Healthy Recipes* also offers low-fat options for the health conscious without ever compromising taste. "It's one of the most exciting cookbooks I've seen, recently, full of recipes that look simple to make, but delectable. My copy is already bristling with bookmarks in the pages that contain recipes I'm going to try." -- Judie Steeves, Kelowna Capital News

About the Author Bal Arneson was born in Punjab, India, where she learned to cook traditional Indian cuisine from her elders at the age of nine. Today she teaches cooking classes and is sponsored by Cuisinart and Denby. She lives in Vancouver, British Columbia.