

(Get free) Fresh Indian: Over 80 Healthy Indian Recipes

Fresh Indian: Over 80 Healthy Indian Recipes

Sunil Vijayakar

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Sunil Vijayakar : Fresh Indian: Over 80 Healthy Indian Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fresh Indian: Over 80 Healthy Indian Recipes:

0 of 0 people found the following review helpful. Five Stars By Robert Jones beautiful and delicious 8 of 8 people found the following review helpful. Contemporary, healthy, EASY - and good By C. Morgan My husband is Indian, so we cook a lot of Indian food. We have a lot of recipes that his mother has passed along, but more and more often have been using this book -- it's probably gotten the most use of any of my cookbooks in the last few months. It takes inspiration from all over India, so has widened the range of dishes that I make, and every recipe has been good and easy -- most can be put together in less than 30 minutes. The dishes have a contemporary, lighter twist, so they're not as traditional, but they're healthier and taste just as good. It also includes a great reference section for spices and other ingredients. 1 of 1 people found the following review helpful. Quick and Easy Recipes By coachibu2 This is a great buy, you won't regret it, the recipes here are quick and easy, they focus on being healthy/low in fat, I personally love my fat so I work them back into the recipe if need be. I love Indian food and whereas I can't attest for the authenticity of the recipes, the results are superb! I bought this book after a lot of the cookbooks I already own, but I've made over 30% of the recipes in this book - that's a lot of play for one cookbook.

A mouthwatering selection of authentic Indian recipes with a fresh, healthy twist, suitable for all occasions. Easy-to-follow recipes for low-fat meals that lose none of the flavour of traditional Indian cookery. Over 80 healthy and delicious Indian recipes ranging from classic favourites to modern ideas and variations. Stunning photography that will

make your mouth water.

About the Author Sunil Vijayakar was born in Bombay, where, while working as a food stylist for the film industry, he founded a successful catering company. He is now based in London and specializes in preparing food for photography. He has written a number of books and contributes to many popular weekly and monthly publications.