

(Download) Healthful Indian Flavors with Alamelu

## Healthful Indian Flavors with Alamelu

*Alamelu Vairavan*

*\*Download PDF / ePub / DOC / audiobook / ebooks*



#70098 in Books Alamelu Vairavan 2016-11-01 Original language: English 9.00 x .60 x 6.901, .0 #File Name: 0781813581278 pages Healthful Indian Flavors with Alamelu | File size: 73.Mb

**Alamelu Vairavan : Healthful Indian Flavors with Alamelu** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healthful Indian Flavors with Alamelu:

3 of 3 people found the following review helpful. Healthful Indian Flavors, Alamelu Vairavan By ANNAI am having so much fun with this book. The photos are so beautiful and the recipes are well explained and fairly easy to make. I had to buy some new spices but I am glad to do that. I definitely recommend this book. 2 of 2 people found the following review helpful. THIS BOOK IS A KEEPER! By BAT This book is FABULOUS. Most ingredients are easy to come by. The cooking methods are appealing to me, and nothing is very complicated. I have tried several recipes from it and have not found one that is not top notch! I cannot recommend it enough to anyone who likes to eat Indian food. Alamelu knows her stuff! 22 of 22 people found the following review helpful. Healthy South Indian Recipes Made Easy and Healthy! By Bufster3 My dad is from the south of India, but I've never been good at making Indian food. Alamelu Vairavan makes it so simple. Indian food can be really fatty because Indian cooks usually use a lot of

oil. Alamelu uses much less oil in her recipes, which really reduces the calories, and keeps the dishes healthful. Now I can make some of my favorite south Indian vegetarian dishes at home. This is real home cooking, which is what I love. So many Indian cookbooks contain restaurant recipes. Nothing beats home cooking in my opinion. The book also contains a section of meat recipes for omnivores, but most recipes are vegan or vegetarian. The vegetarian recipes that contain yogurt can easily be made vegan using unsweetened plain cultured coconut "yogurt" product. Here in the Detroit this product is available at Better Health Market and Meijer. The product is by So Delicious. The ghee (clarified butter) in recipes can be replaced with vegan buttery spread or other vegan margarine. For those concerned about fat in recipes containing shredded coconut, Edward Sons makes a reduced fat organic shredded dried coconut that is available at health food stores or here on [.com](#). Many recipes are gluten-free.

**\*\*As seen on MPTV!\*\*** This cookbook contains the recipes featured on the first three seasons of Alamelu Vairavan's popular MPTV/PBS cooking series "Healthful Indian Flavors with Alamelu," along with favorites from her previously-published cookbooks, *Healthy South Indian Cooking* and *Indian-Inspired Gluten Free Cooking*. Longtime fans and Indian cooking novices alike will enjoy this collection of more than 120 easy-to-follow, flavorful recipes--each with a color photo. With a focus on vegetables and protein-rich legumes, the recipes include soups, curry sauces, crunchy salads, and a host of vegetarian specialties that are not only low-calorie and low-fat, but packed with nutrients, fiber and flavor. Each recipe is written in a step-by-step format that makes it easy for readers to create authentic Indian dishes at home.

About the Author Alamelu Vairavan is the host of *Healthful Indian flavors with Alamelu*, produced by Milwaukee Public Television and syndicated nationally on PBS Create. She has been teaching for over 20 years about the health benefits of spices, such as turmeric, cumin, ginger, fenugreek, and asafoetida, and inspiring good eating habits through Indian cooking techniques. Alamelu is co-author of *Healthy South Indian Cooking* and *Indian Inspired Gluten-Free Cooking*, both published by Hippocrene Books. She resides in Milwaukee, Wisconsin.