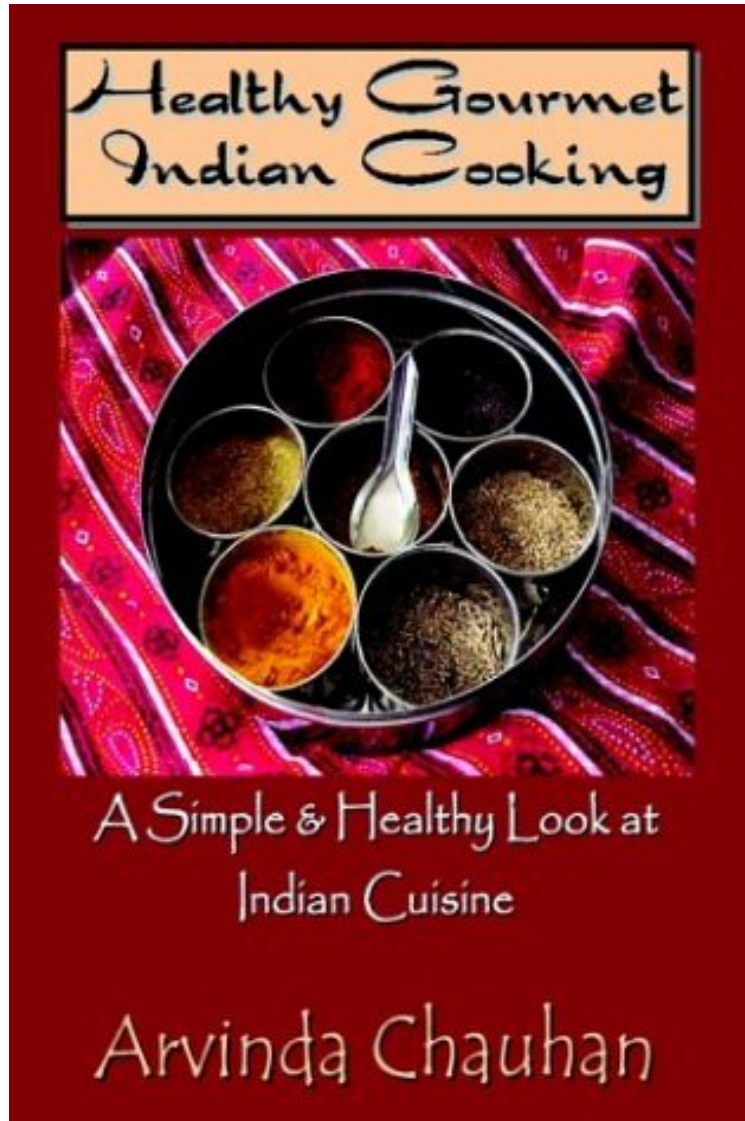


Healthy Gourmet Indian Cooking

Arvinda Chauhan

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Arvinda Chauhan : Healthy Gourmet Indian Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Gourmet Indian Cooking:

This book Healthy Gourmet Indian Cooking: A Simple Healthy Look at Indian Cuisine is an easy to follow cookbook encompassing recipes to create a full course Indian meal. Recipes are simplified and vary from basic to advanced, so even the most modest cook can master the art of Indian cuisine.In this book we take pride in emphasizing healthy and

nutritious style of cooking by making recipes lower in fat using wholesome, unprocessed and natural ingredients. Your former impressions that Indian cooking is over spiced, greasy and too laborious to prepare at home will quickly fade, as these recipes will show the real essence of authentic Indian cooking. Recipes reflect the idea that simple home style Indian cooking can be healthy and nutritious. Yet with the use of spices, taste is never compromised! Welcome to the world of Indian cuisine where you can learn the true spirit of Indian hospitality. India having the largest number of vegetarians in the world, offers a vast number of vegetarian dishes. Therefore, Indian cuisine is a great opportunity to explore your vegetarian alternatives. So come and join us on a mystic, exotic and great culinary journey through Indian cuisine and let the cooking begin!

About the Author With lifetime cooking experience specializing in Indian cuisine from all over India, Arvinda Chauhan has been professionally teaching since 1993. She has been running her own cooking school, and at the same time teaching at other popular cooking schools at various locations such as LCBO, Dish Cooking Studio, Silver Springs Cooking Retreat, Loblaws, The Open Kitchen Cooking School, City of Mississauga, Nancy Henley's Cooking School, Great Cooks and Tea Spot and many more. She has also done private and corporate parties with cooking demo and meals. Some of her corporate clients include President of Cara, Managers of Best Foods Beaver Foods and McCormick Canada. She has been a pioneer chef at of 'Eat to Beat' for four years where she participated with other top women chefs for fundraising at Casa Loma and Roy Thompson Hall that raised thousands of dollars for Willow - resource center for breast cancer. She has done cooking demos at the popular annual Good Food Festival in Toronto, 34th World Vegetarian Congress, Toronto and Halton Vegetarian Associations and for various other groups. Articles and recipes featuring Arvinda, have been published in The Toronto Star, Women's Culinary Network publication, Cooking Club of America, LCBO Food Drink magazine, Oakville Beaver, Oakville Journal, The Toronto Sun and Canadian Living Magazine. She has made guest appearances on CFTO TV, CITY TV, ON TV, Rogers Cable Network and LIFE NETWORK. She has attended culinary trips including Rajasthan in India, Central India and Oaxaca, Mexico. She regularly attends major food expos and conferences in Toronto area. Arvinda has an extensive knowledge and passion on the healthier side of Indian cooking, making all of her recipes low in fat and appetizing. Her passion for art and culture has also inspired to work with spices and creating an endless number of dishes. Being residence of Oakville for past twenty years, she has done endless volunteer work, within the community including helping in