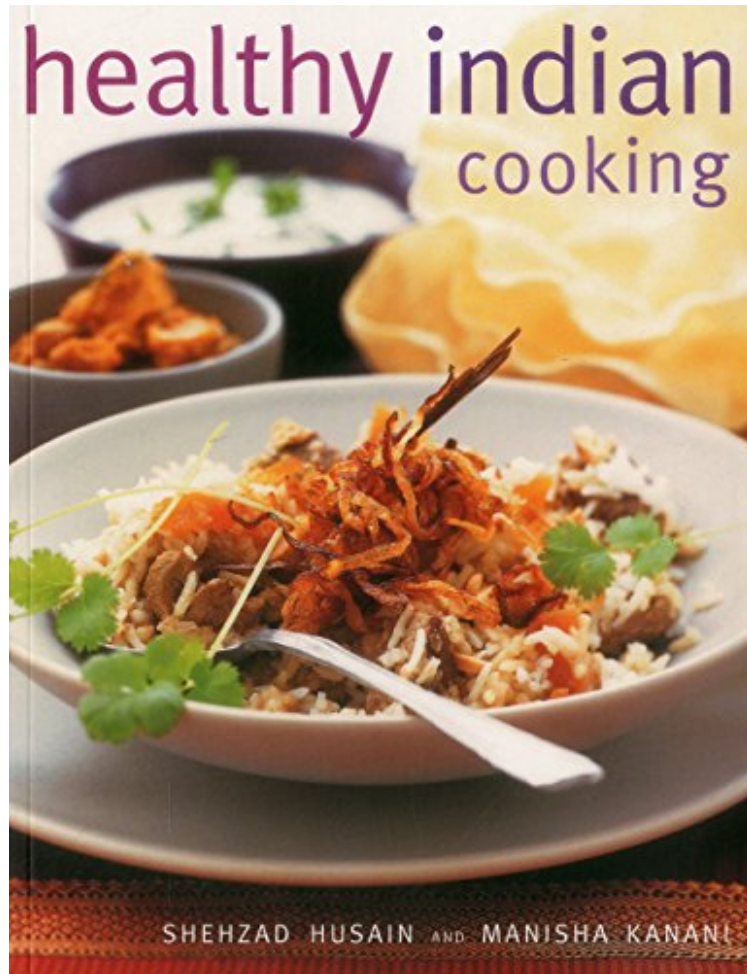


[PDF] Healthy Indian Cooking: Enjoy The Authentic Taste, Texture And Flavour Of Classic Indian Dishes, Without The Fat

## Healthy Indian Cooking: Enjoy The Authentic Taste, Texture And Flavour Of Classic Indian Dishes, Without The Fat

*Shezhad Husain, Manisha Kanani*

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**Shezhad Husain, Manisha Kanani : Healthy Indian Cooking: Enjoy The Authentic Taste, Texture And Flavour Of Classic Indian Dishes, Without The Fat** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Indian Cooking: Enjoy The Authentic Taste, Texture And Flavour Of Classic Indian Dishes, Without The Fat:

0 of 0 people found the following review helpful. I love Indian flavors, but like light fresh techniquesBy Becky OI bought this years ago. Just got another as a gift. Light Indian is a challenge to find, as is lightly cooked, keeping vegetables at their best. This cookbook does that well.0 of 0 people found the following review helpful. I love it!By A. L. DodezI have cooked 3 recipes out of this book so far: Cod, Chicken with Mango Sauce, and the Chapati bread. My

wife and myself loved all three. I plan to cook a lot more out of this book. It is easy to follow the recipes and the author does a great job introducing everything about the ingredients. The pictures in the book were also very nice. However, if I had one complaint, it would be that not every recipe has a picture to go with it. It would be nice if every recipe had a picture with it. Because I would like to know how the dish is suppose to look when completed. You will not go wrong if you are wanting to cook delicious meals. I am not an expert on Indian cuisine, so I can't attest to how traditional, or how true it is to traditional Indian cuisine. I do know that the book is easy to read, has great pictures, and so far I have produced tasty meals. 0 of 0 people found the following review helpful. Easy-to-follow recipes with exceptional results! Highly recommend. By Customer Except for some minor scuff marks on the upper right-hand corner of the book, it was in excellent condition. Received the product within a reasonable time. Recipes are very easy to follow with exceptional results.

Here are all the best-loved Indian dishes that, with just a few simple changes, you can now enjoy without the fat! A useful introduction gives advice on low-fat cooking and the book is illustrated with 850 clear photographs throughout.

Indian cooking with an eye on fat content is the underlying theme to this lavishly illustrated book. With a reputation for being on the greasy side, Indian cookery experts Shehzad Husain and Manisha Kanani, set out to provide a healthy alternative to the ghee-ridden dishes so often encountered in Indian restaurants. All the favourites are found within - kormas, baltis, vindaloos - alongside more eclectic dishes such as baked potato with spicy cottage cheese and lamb with apricots. Nutritional notes accompany each recipe along with tips on what best to serve as accompaniments. Don't be put off by the "healthy" title - all the recipes are truly tasty and attractively presented but with the added bonus of being good for you. - Lucy Watson About the Author Shehzad Husain is the author of several books on Indian cooking and writes for various food magazines. Manisha Kanani is a home economist who has a particular interest in Indian cuisine.