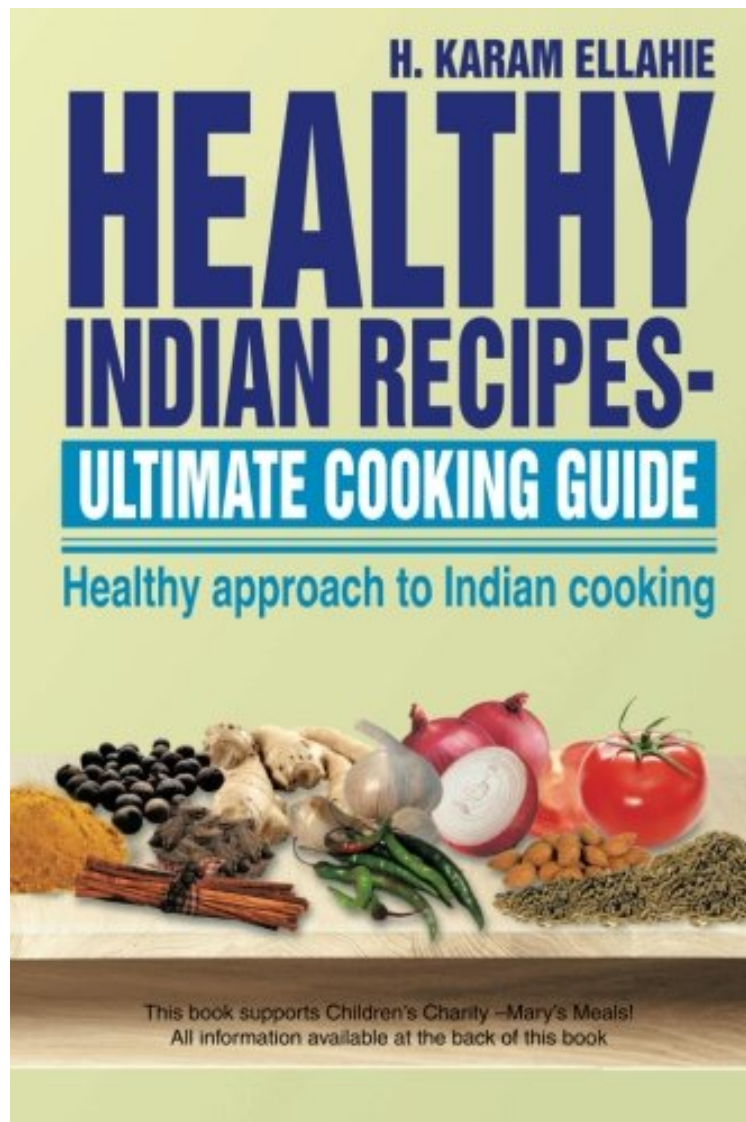


(Mobile pdf) HEALTHY INDIAN RECIPES- ULTIMATE COOKING GUIDE: Healthy approach to Indian cooking

HEALTHY INDIAN RECIPES- ULTIMATE COOKING GUIDE: Healthy approach to Indian cooking

H. KARAM ELLAHIE

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far everything I cooked from this book tasted amazing! One of my favorite dishes were the kabobs which were very tasty and not really spicy at all and my two most favorite snacks were the samosas and the pakoras, this book is a must buy for those who have a taste in traditional Indian food. PS I normally don't write reviews but when I got this book and made the food I wanted everyone to know about this author's talent in cooking.

Book by ELLAHIE, H. KARAM

About the Author Hameeda has lived in the United Kingdom for many years but still remembers and honours the cuisine of India. She is a faithful and enthusiastic Christian who has long been a member of the United Benefice of St Paul's and St Mary's in Surrey and often arrives at church events and Bible Study groups with wonderful aromatic dishes. A gifted and experienced science teacher as well as an expert cook, Hameeda works hard to harmonise traditional Indian recipes with ingredients easily available over here and thinks carefully about what is most appropriate to the occasion and the friends, family or larger church groups to be fed. She has made lamb dishes and the unleavened bread for our Maundy Thursday celebration of the Last Supper, as well as samosas and pakoras for fellowship meals and parties. All she does is offered with love and prayer, a sense of tradition and an awareness of what is good and healthy for both body and soul! I have much pleasure in commending her book, 'Healthy Indian recipes - Ultimate cooking guides' and look forward to trying the recipes myself.