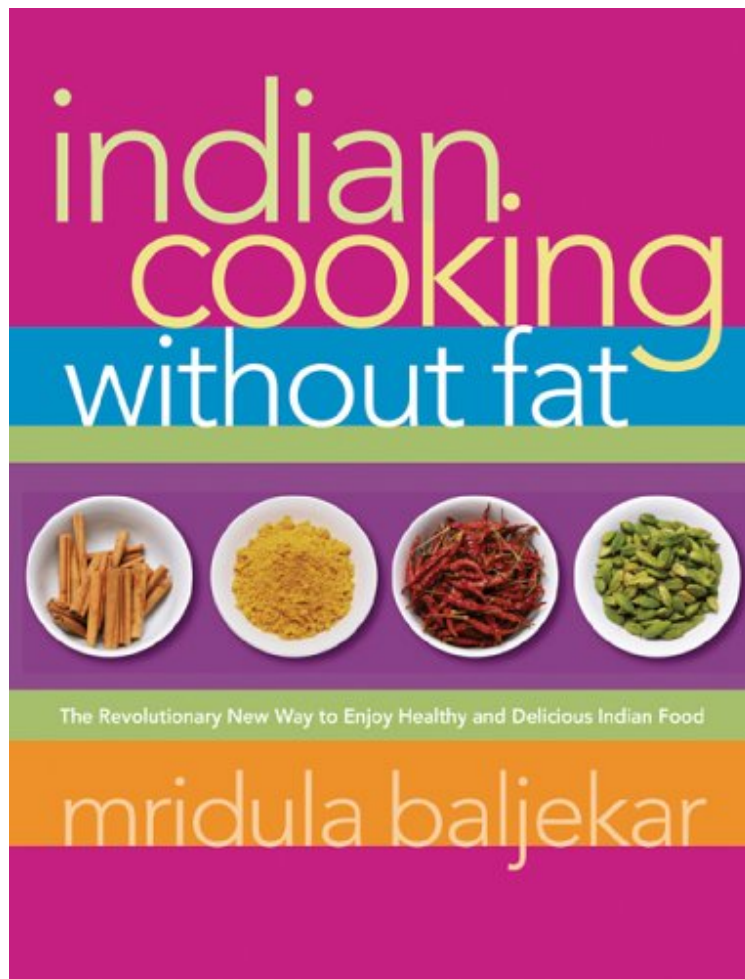


(Download) Indian Cooking Without Fat: The Revolutionary New Way to Enjoy Healthy and Delicious Indian Food

Indian Cooking Without Fat: The Revolutionary New Way to Enjoy Healthy and Delicious Indian Food

Mridula Baljekar

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Mridula Baljekar : Indian Cooking Without Fat: The Revolutionary New Way to Enjoy Healthy and Delicious Indian Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Cooking Without Fat: The Revolutionary New Way to Enjoy Healthy and Delicious Indian Food:

1 of 1 people found the following review helpful. Indian food that isn't heavyBy Laura M SI cook mostly Indian food. Most other recipes call for a lot of oil. I'm thrilled to find ways of making Indian food that is lighter and not so fattening!10 of 10 people found the following review helpful. Great book...By CustomerTwo things sold me on this book - a limited number of spices/herbs to work with and the use of as little oil/fat as possible. All the recipes I've tried have been great and easily committed to memory after a few meals. I was able to find every ingredient I needed at

Nashville's local Indian grocery. Hint - use fresh curry leaves. I looked at a good number of books before settling on this one and I'm glad I did. 0 of 0 people found the following review helpful. Five Stars By NY Golfer Great book with very useful make able recipe

Most health-conscious eaters tend to avoid Indian food because of the high-fat methods used to prepare many of the popular dishes. Leading Indian cookbook writer Mridula Baljekar's revolutionary methods allow readers to enjoy deliciously spiced Indian meals, packed with flavor and nutrition, but without added fat. Drawing upon her extensive knowledge of traditional Indian cooking techniques, flavors, and spices, Baljekar has devised no-added-fat cooking techniques that dramatically revise how delicious Indian food is prepared; without altering its authentic taste. With insightful cook's tips featured throughout, the 150 easy-to-prepare recipes include Vegetable Soup, Spiced Chapatis, Ground Lamb Kebabs, King Prawns with Baby Zucchini, Fish Tikka, Fresh Tomato Chutney, Tandoori Chicken, Saffron Rice, Savory Potato Mash, Mixed Vegetable Curry, Spiced Pears, Rose-Flavored Iced Dessert, and more.

From Publishers Weekly Baljekar takes traditional Indian recipes and revises the ingredients and preparation methods to lower the dishes' fat content. By dry roasting spices instead of frying them in ghee (clarified butter); using low or nonfat yogurt, sour cream and coconut milk; and grilling or baking meats instead of deep frying them, Baljekar sidesteps saturated fat pitfalls. The drawback to the techniques is that many of the recipes can be labor intensive. Shopping for a comprehensive spice list and special ingredients, prepping (grinding and roasting spices, pureeing ginger and garlic, making broth) and then making the recipes themselves is a time-consuming process. Preparing some of the ingredients a day or so beforehand helps the purees can be stored for two weeks in the refrigerator and the roasted and ground spices last for 10 to 12 weeks. The rewards are flavorful, low-fat dishes: Chicken Tikka Masala is fresh tasting and creamy, Spiced Mixed Lentils is fragrant with pungent black mustard seeds and Karnataka Potato Curry is bright and savory. They might not be as rich as the high-fat versions served in Indian restaurants, but they're perfect for the calorie-conscious diner; this is an excellent book for intermediate to advanced cooks looking to spice up healthy eating. Copyright 2001 Cahners Business Information, Inc. About the Author Mridula Baljekar is a leading Indian cookbook writer and broadcaster who has written several books, including the best-selling Complete Indian Cookbook, Quick Vegetarian Curries, and Real Fast Indian Food. She has been hailed as "the new Madhur Jaffrey"; as a result of her successful UK television series, Mridula's Indian Kitchen, and is the owner of Spice Route Restaurant in Windsor, England, which has been ranked in the Top 30 restaurants in Britain by BIBA (Best in Britain Awards) since it opened its doors in 2002. She lives in England.