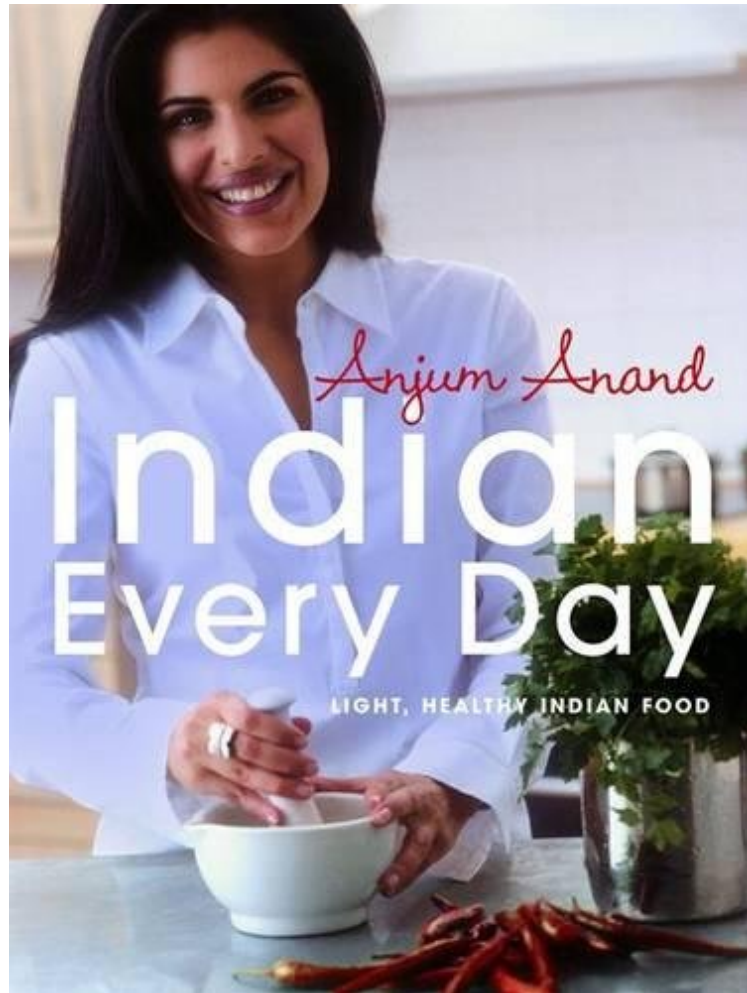


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Indian Every Day: Light, Healthy Indian Food

Anjum Anand

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#3121661 in Books 2005-05-02Original language:EnglishPDF # 1 .59 x 9.65 x 7.241, 1.10 #File Name: 0755312015224 pages | File size: 46.Mb

Anjum Anand : Indian Every Day: Light, Healthy Indian Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Every Day: Light, Healthy Indian Food:

13 of 13 people found the following review helpful. Definitely recommend buying this bookBy S. GilI LOVE this cookbook. Prior to receiving this book as a gift, I wasn't really interested in Indian cuisine. Needless to say, all that has changed. I especially like the way she mixes her spices, therefore, I would recommend leafing through the book and buying all the spices beforehand. Once you have the spices, you're set! The recipes are quick and easy. The food is DELICIOUS, light in fat and calories, making it fairly guilt-free. This cookbook does not sit in my book shelf collecting dust!16 of 23 people found the following review helpful. Simple but could be more user-friendlyBy flusteredconsumerThis book provides a good introduction to spices and techniques commonly used in Indian cooking. There are a few things I did not like about the book: - it is poorly organized. I like cookbooks that organize the recipes

by course-status; that is, I like to see headings like "Appetizers," "Chicken," "Lamb," etc.. Instead, this book has headings like "Friends to dinner," "Leftovers?," and "Curry flavour." - the author often does not specify the level of heat to use or the optimal pan/pot size. - the curries and sauces are often watery. But overall, this book is helpful, provides a section describing common ingredients and techniques, and has beautiful pictures.

INDIAN EVERY DAY is a modern approach to Indian cuisine taking all the glamour of traditional ingredients and fusing it with contemporary, holistic recipes. Anjum Anand has worked in trend-setting restaurants around the world and has dedicated her career to producing a cookbook that fits practically with the dietary requirements and home-style flavours she adores. She appreciates the struggle to find light and healthy Indian food and does her utmost to make balanced meals we can indulge in every day. Spiced Colocasia, Rice and Lentil 'Risotto', and Luscious Lamb Brochettes are stunning examples of her wide-ranging dishes.

'Anjum Anand's emphasis is on light and healthy food. It takes time to prepare but the actual cooking isn't complicated and the sense of achievement is very gratifying.' -- Mail on Sunday 20050612
About the Author
Anjum Anand was born in London and is a European Business Administration graduate. She has worked in New York's Cafe Spice and the Tommy Tang catering company in Los Angeles and has studied in Geneva, Paris and Madrid. She is planning to open a smart high street restaurant to reflect her diverse experience and glamorous vitality.