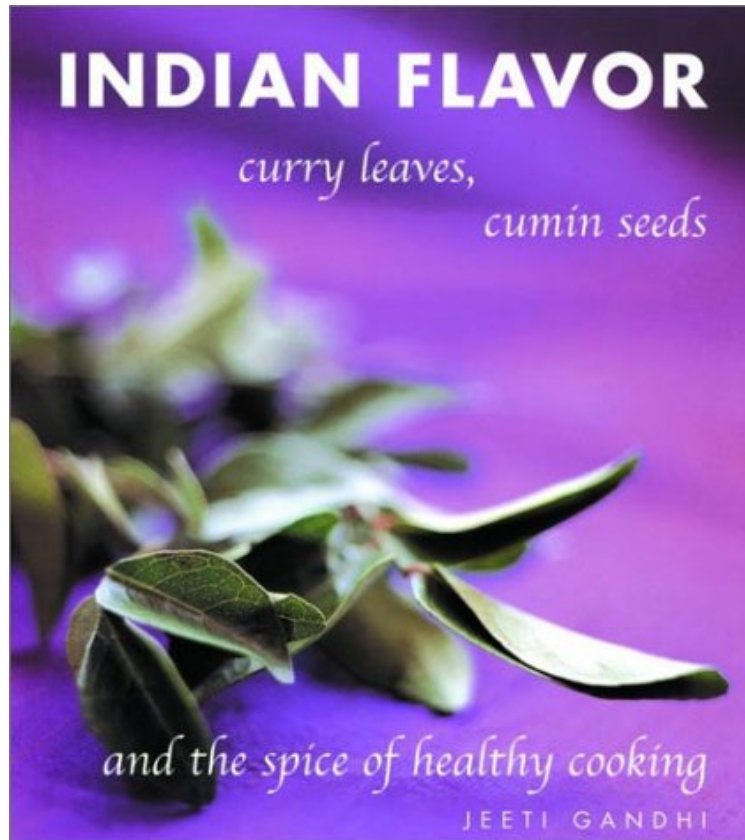


[Download ebook] Indian Flavor: Curry Leaves, Cumin Seeds, and the Spice of Healthy Cooking

## Indian Flavor: Curry Leaves, Cumin Seeds, and the Spice of Healthy Cooking

Jeeti Gandhi

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**Jeeti Gandhi : Indian Flavor: Curry Leaves, Cumin Seeds, and the Spice of Healthy Cooking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Flavor: Curry Leaves, Cumin Seeds, and the Spice of Healthy Cooking:

0 of 0 people found the following review helpful. Simply deliciousBy Don BobbieWonderful recipes with easy to follow directions. Can't wait to try them all0 of 0 people found the following review helpful. Perfect for BasicsBy ah1234I think it is a good book for someone starting out in the kitchen and wants to make those meals that mom always made on regular days.0 of 0 people found the following review helpful. An enthralling, zesty, and simple-to-follow cookbookBy Midwest Book ReviewIllustrated throughout with high-quality color photographs of its dishes, Indian Flavor presents 80 recipes for traditional Indian cuisine, from rice pulao dishes, tandoori lamb chops, and coconut fish to naan and other flatbreads, barbecued tricolor cheese, and so much more. What distinguishes Indian Flavor is not only its capture of mouth-watering spice combinat-ions, but also the author's careful incorporation of healthier ingredients such as yogurt and soy products for more nutritious and less fattening food preparation. An enthralling, zesty, and simple-to-follow cookbook for anyone interested in trying their hand at capturing the

memorable flavors of India.

All the sumptuous flavor without all the fat. Indian cuisine is appreciated the world over but many of the delicious traditional dishes, although pleasing to the palate, are full of saturated fat. This book makes a special effort to avoid the use of unhealthy ingredients such as ghee, cream, and butter by using them more sparingly or by substituting with healthier alternatives. But there is no compromise on flavor. With an emphasis mainly on north Indian cuisine, dishes range from delicious starters, fish, meat, chicken and vegetable main courses to tasty accompaniments such as vegetable side dishes, yogurt-based dishes, rice and breads. A collection of scrumptious desserts satisfies the sweet tooth. This vast and varied selection of eighty-seven reduced-fat Indian recipes is ideal for vegetarians and meat-eaters alike, especially those who love the spicy flavors of Indian cuisine, but prefer to eat healthy.