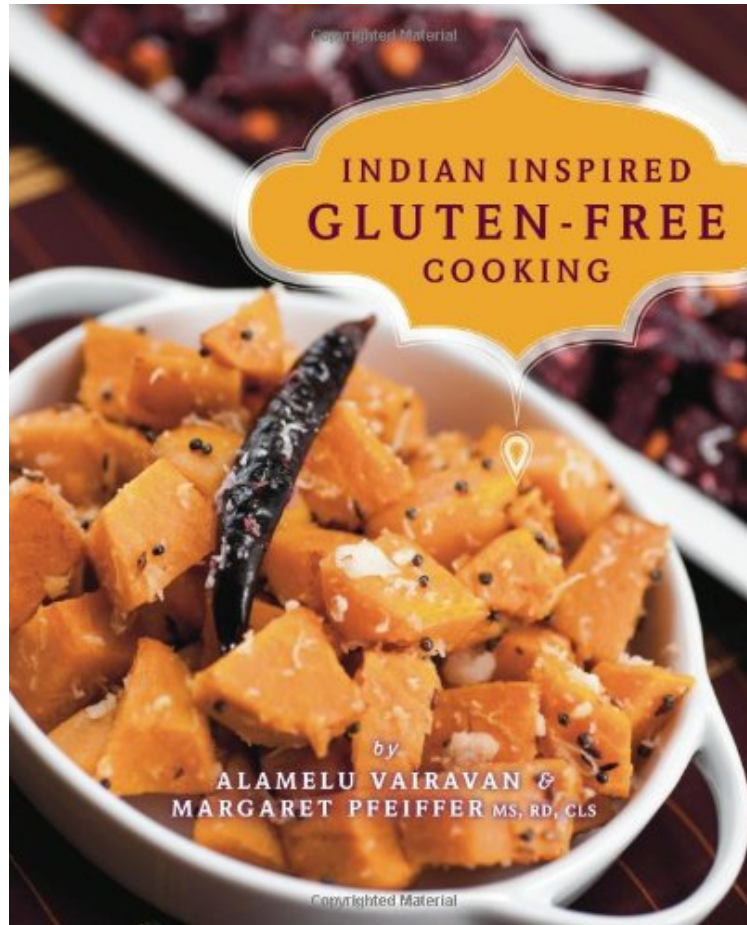


(Read download) Indian Inspired Gluten-Free Cooking

Indian Inspired Gluten-Free Cooking

Alamelu Vairavan, Margaret Pfeiffer
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Alamelu Vairavan, Margaret Pfeiffer : Indian Inspired Gluten-Free Cooking before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Inspired Gluten-Free Cooking:

4 of 4 people found the following review helpful. How to make good tasting healthy food .By LadybugAlamelu makes Indian cooking look so simple on public TV . When we were on the Norwegian Starcruise ship sailing around the Hawaiian islands, Indian food was offered and I loved all the exotic flavors . This book has all the conceivable ways possible to combine vegetables and spices . It includes rice and quinoa and lentils and options to add chicken or meat . It's a gluten free . not vegetarian cookbook , but can easily be converted . It's good to have ideas how to use spices to make vegetables and lentils interesting , since they are so beneficial to our health . 1 of 1 people found the following review helpful. Very Nice Cookbook By Glo S. Excellent GF recipes that everyone in my family likes. I have other Alamelu V. cookbooks, and these recipes are a bit "toned down" to suit the tastes of those unfamiliar with traditional Indian cooking--but this also means they're easier to cook, with regard to using Indian spices. If you eat gluten free, are a vegetarian (although there are meat-based recipes included), or simply want easy-to-prepare Indian main dishes

or side dishes, you'll enjoy this cookbook. There's a section on understanding gluten-related issues which would be helpful to those starting out on a GF diet, but the section is not so large as to take away from the primary purpose of the book--lots of good recipes. 8 of 8 people found the following review helpful. Crunchy Cabbage for Breakfast
By Kristen Reynolds
I am having so much fun with Alamelu's new gluten-free cookbook. The recipes are simple yet the flavors are fantastic. I just made the Crunchy Cabbage with Ginger and Coconut. For those who are trying to avoid gluten and the highly-processed gluten-free foods, this dish and many in the book can even be included as part of a tasty breakfast alongside a salmon or turkey patty. Who says vegetables aren't for breakfast? Super easy and delicious. Enjoy!

Popular TV host and cookbook author Alamelu Vairavan teams up with registered dietitian Margaret Pfeiffer to spice up your gluten-free diet! This book aims to help users easily prepare gluten-free aromatic foods, uniting the exquisite flavors of Indian cooking with western comfort food using only commonly available ingredients. Most gluten-free diets are bland and restrictive, but Indian cuisine opens the door to a new world of flavors and dining options. Rice, vegetable and lean meat dishes fit naturally into the gluten-free regimen. With inventive offerings like Pomegranate Yogurt Salad, Mushroom and Green Pea Quinoa with Pistachios, Chickpeas with Ginger and Mango, and Chicken in Almond-Coconut Sauce, this cookbook brings the rich flavors of Indian cooking to your gluten-free table. Indeed, this cookbook is for anyone--not just those who are gluten intolerant or gluten sensitive--because the recipes are a great way to add tasty, healthful options to your everyday meals. Includes: More than 100 easy-to-follow step-by-step recipes
Helpful FAQ on gluten-free foods
Guide to Indian spices, rice, grains and legumes used in the recipes
Nutritional analysis for each recipe
Beautiful color photo for each recipe

"I am grateful to Alamelu for creating one of the first gluten-free Indian cookbooks, allowing those of us who avoid gluten to delve into the cuisine of South India. Whether or not you avoid gluten, you will find the recipes in this book to be delicious and nutritious, just as food should be." --Kristen H. Reynolds, M.D.
"Rich and vibrant in flavor and color, these dishes shout out to be translated from page to plate. The recipes are clear, concise and easy to follow, loaded with nurturing ingredients and seasoned with the most healthful spices. In addition to being gluten-free, these dishes avoid most dairy, sugar and red meat, thus promoting health and well-being for all. Another valuable resource for all people living with and beyond cancer, already added to my recommended reading list!" --Donald I. Abrams, M.D., Integrative Oncology University of California San Francisco Osher Center for Integrative Medicine
"Alamelu's healthy style of cooking is a harmonious blend of flavors and freshness that makes the journey into the world of gluten-free Indian cooking approachable and exciting for everyone!" --Jason Gorman, Executive Chef The Art Institute of Chicago
"The recipes incorporate spices and bold flavors (but in quantities geared to American taste buds) resulting in lively satisfying dishes. You could easily put together a whole Indian meal from this book, or just pick one of the vegetable recipes as a spicy, out-of-the-ordinary accompaniment to your usual dinner fare." --Edible Phoenix, Fall 2013
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About the Author
Alamelu Vairavan is host of the popular cooking show *Healthful Flavors with Alamelu*, produced by Milwaukee Public Television and syndicated across the country on PBS. She is a culinary instructor and author of two successful cookbooks, including *Healthy South Indian Cooking* (Hippocrene Books, 2008). Alamelu holds a degree in Health Information Management from the University of Wisconsin Milwaukee and has worked for many years in healthcare. She resides in Milwaukee, Wisconsin. Visit her at curryonwheels.com.
Margaret Pfeiffer, M.S., R.D., C.L.S. is a practicing cardiac nutritionist, a clinical lipid specialist and registered dietitian. She earned a B.S. in Food and Nutrition at University of Wisconsin Stout and an M.S. from Boston University. She has taught many classes on healthy cooking and authored a book on heart-healthy eating, *Smart 4 Your Heart* (King, 2009). She resides in Brookfield, Wisconsin.