

[Ebook free] Indian Lowfat Cooking: The Key to a Healthy and Exotic Diet

Indian Lowfat Cooking: The Key to a Healthy and Exotic Diet

Roshi Razzaq

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Roshi Razzaq : Indian Lowfat Cooking: The Key to a Healthy and Exotic Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Lowfat Cooking: The Key to a Healthy and Exotic Diet:

0 of 0 people found the following review helpful. DeliciousBy Julie TThese recipes are SO delicious, and most without any type of oil or butter added! She uses such fresh, vibrant ingredients, and the recipes just taste so good. She gives clear, concise directions that anyone can follow, and most of the recipes have beautiful photos to make you even hungrier. Better yet - she gives nutrition information for all her dishes.This is perfect for someone wishing to control their portions and enter the world of Indian cooking.3 of 3 people found the following review helpful. Incredible Gem of a CookbookBy Pie GrrrI can't believe that this lovely book has been SO undiscovered by other cooks!?! I've had it since it was published back in 1993 and have used/abused this poor thing, prompting me to not only order another copy for myself but also for my BFF. I adore Indian Food but can't always find a local friend to go out and eat it with me; hence, this book. I can make all my OWN wonderful dishes, and enjoy them at home and work. Super easy to create, super inexpensive and Oh!, So Good...this book needs a larger audience. Yes, it does call for spices you can't find at small groceries but if you live near a Whole Foods (I do) or near an Indian population (I do), you can stop in and buy very small amount of the more rarer spices. But, if you normally have chili powder, tumeric, cinnamon sticks, and cumin, you can make up to 90% of the recipes in here! Kid friendly and adult friendly, I sent photocopies of 10 of these recipes to my BFF for her Bollywood party; it was a HUGE HIT with everyone, none of whom had had Indian

food before. Ingredients such as tomatoes, spinach, califlower, potatoes, ground beef or lamb, chick peas, fresh mint and rice make up a huge portion of the book and even the tiniest of grocery stores carry those items. Honestly, I make quite a bit of these side dishes to go with "ordinary American food" such as grilled chicken or fish or a roast; it truly elevates what's being served on the table. After buying this book, I never needed to look at or buy any other Indian cookbook because this one is so simple and deeply satisfying! There's not been a recipe within that hasn't received a 5 star rating from me or my Indian food loving friends. Try this book out and you'll make it your "Go To" book for healthy, tasty and exotic foods. If you enjoy Ellie Krieger's books, you'll truly enjoy this one, too!6 of 6 people found the following review helpful. An excellent, easy to use collection of great recipes.By A CustomerIt is pretty rare that a cookbook inspires me like this one did. Vibrant photographs of every dish, as well as author notes on the region and history of the dish, inspired me to try a number of recipes. I can honestly say that every recipe I have tried has turned out perfectly. I have many cookbooks, most of which I have not cooked from; this one stands alone, in that I have tried almost half the recipes. If only I could find more copies for all the friends I've gotten hooked on Roshi's recipes

Book by Razzaq, Roshi