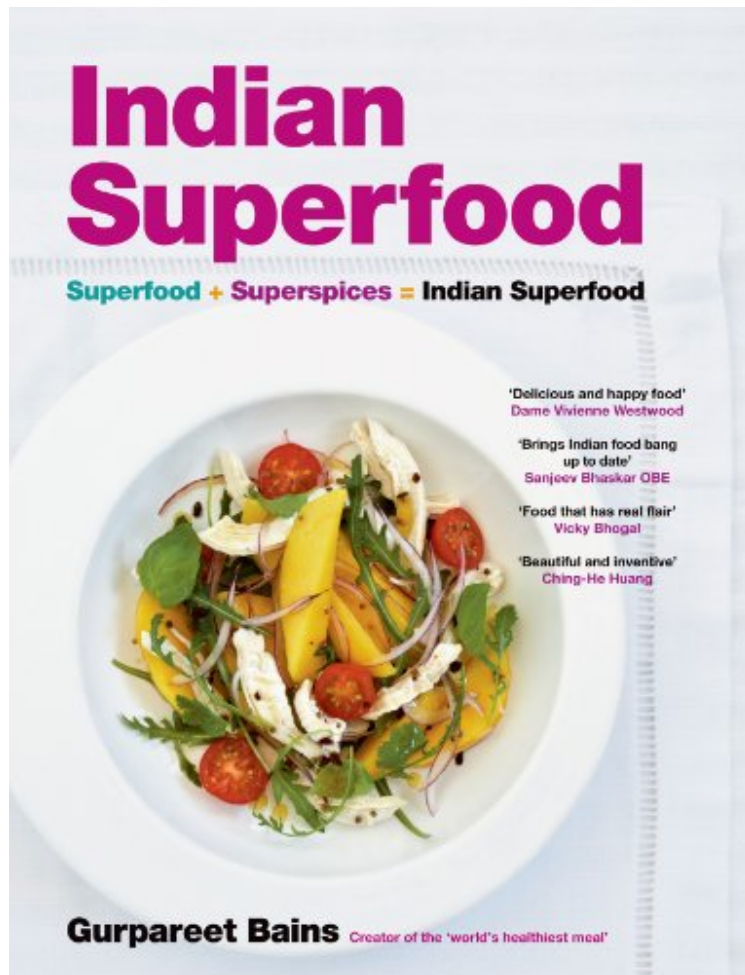


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Indian Superfood

Gurpareet Bains

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Gurpareet Bains : Indian Superfood before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Superfood:

1 of 1 people found the following review helpful. Be careful how you handle the book By altygirl I love this book. I heard about Gurpareet Bains on BBC Radio and decided to find out more about him and his recipes. The food is fabulous - fresh and delicious. The only negative comment I have is that the book is falling apart! The pages are glued in and several pages came loose very soon after I started reading and using the book. Now more pages fall out every time I use the book and I'm going to have to put them in a binder or risk losing or damaging them. 0 of 0 people found the following review helpful. Great cook book for beginner Indian Food Cooks By D. Orecchio I wanted to cook indian food and was looking around for a reference. A good friend of mine recommended this book and I purchased it. I have since made several dishes, each one better than the last and the theme of this book is cooking with foods and spices that are good for you. Not only are the recipes great, they are very good for your health. I highly recommend this book.

I would love to meet the author some day. 0 of 0 people found the following review helpful. Food for Entertaining By Mrs J. Cawley The recipes tried were very much enjoyed. I recommended it to family. I learnt much more about the spices that were used and how healthy they are. But the book itself is not very well bound and pages have fallen out!

Gurpareet Bains blitzed his way through a flurry of international press in 2009 when he created 'the world's healthiest meal'. A quite amazing claim, but one which has yet to be disputed. Nor is it likely to be! His very simple chicken curry dish captured the imagination of the media and public alike. (Self-confessed DJ foodie Chris Evans declared it 'the best curry I've ever tasted'.) But Gurpareet's creativity extends far beyond this one celebrated dish to an extensive and life-changing collection of recipes geared towards eating much more healthily. Recognising the exceptional health-promoting properties of combining western super foods with Asian super spices, whilst at the same time tapping into the world's enduring love affair with curry, Gurpareet sets out to inform us about how each recipe in this wonderful collection - via high antioxidant levels, cardiovascular health benefits and a myriad of curative properties - will help to improve our health and wellbeing.

'Delicious and happy food' Dame Vivienne Westwood. 'With the methodology of a scientist and the flair of an artist, Gurpareet brings Indian food bang up to date' Sanjeev Bhaskar OBE. 'A unique window into the benefits of a truly modern Indian cuisine' Meera Syal MBE. 'Gurpareet combines a passion for the health benefits of food with an enthusiasm and skill for new flavour combinations, resulting in food that has real flair' Vicky Bhogal. 'Beautiful and inventive' Ching-He Huang. 'My kind of book' Mark Diacono, Otter Farm. 'Healthy and delicious, Indian Superfood is a welcome development for Indian cuisine' Her Excellency Reena Pandey, Ambassador Of India. About the Author Gurpareet Bains is a qualified nutritionist, TV personality, columnist and chef. This book and his recipes have been followed by a lot of media interest and publicity, as he has strived to convert one and all to the impressive possibilities of his unique and delicious diet.