



Basic Food Preparation: A Complete Manual

By Saila Thomas, Shakuntala Chopra, Sheila Vir, Sushma Kashyap, Suvira, Usha Raina, Vinita Narula

Orient BlackSwan Pvt. Ltd., 2010. Softcover. Book Condition: New. 4th edition. 14 x 21 cm. This comprehensive book contains over six hundred standardised recipes. Organised in logical, easy-to-follow steps, with the ingredients for each listed in the order of use, every recipe has been tried and tested for successful results. Information is also given on the scientific principles involved in food preparation, the use of substitutes, variations and garnishes. Useful tips to remember are also appended to every group of recipes. The nutritive value per serving is provided in a consolidated table in terms of energy, proteins, vitamins and minerals. A full section has been devoted to information on weights and measures, food selection, cookery items, methods of cooking and spice mixes. Food preservation also forms an important part of the book. Since home science graduates are also expected to advise and administer nutrition programmes for disadvantaged families, there is an emphasis on low-cost weaning food and snacks in this book. In keeping with an increasing interest in food from various parts of the world, three new chapters on herbs, exotic fruits and vegetables, menus and food safety have been added to the fourth edition of Basic Food Preparation: A Complete Manual....



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