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Healthy Indian Cooking

By Shehzad Husain, Manisha Kanani

Anness Publishing, United Kingdom, 2015. Paperback. Book Condition: New. 218 x 168 mm. Language: English . Brand New Book. Enjoy the authentic taste, texture and flavour of classic Indian dishes, without the fat. You can choose from over 160 delicious low-fat recipes, all illustrated with beautiful step-by-step photographs. It includes all the Indian classics made suitable for healthy eating, such as Beef Madras, Chicken Biryani, Prawn Curry and Aloo Gobi. It features many exciting and quick-to-prepare low fat Balti dishes, such as Balti Bhoona Lamb, Baltic Chicken Vindaloo and Masala Beans with Fenugreek. Nutritional data shows at a glance how much fat each recipe contains. Here are all the best-loved traditional Indian dishes as well as many new ones, that with just a few simple changes, you can now enjoy without the guilt. There are even some wonderful Balti dishes - usually rich and high in fat, but here miraculously transformed into equally tasty but low fat versions. An informative introduction has everything you need to know about low-fat cooking as well as the secrets of good Indian cuisine. With over 850 pictures, including step-by-step sequences and a glorious photograph of every finished dish, this is the essential book for...


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