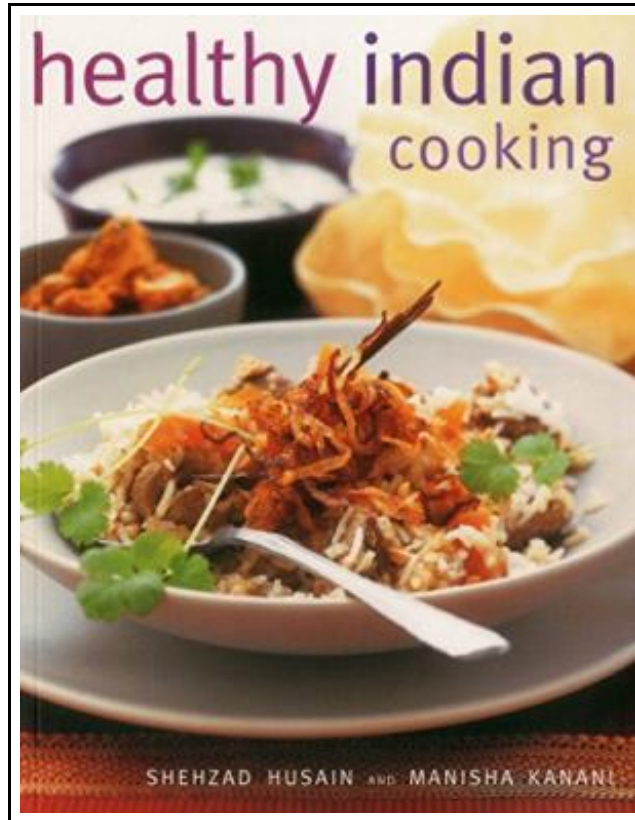


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HEALTHY INDIAN COOKING (PAPERBACK)



To read **Healthy Indian Cooking (Paperback)** eBook, remember to refer to the link under and download the document or get access to additional information that are in conjunction with HEALTHY INDIAN COOKING (PAPERBACK) ebook.

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 lovers of Indian food who want to eat more healthily.



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