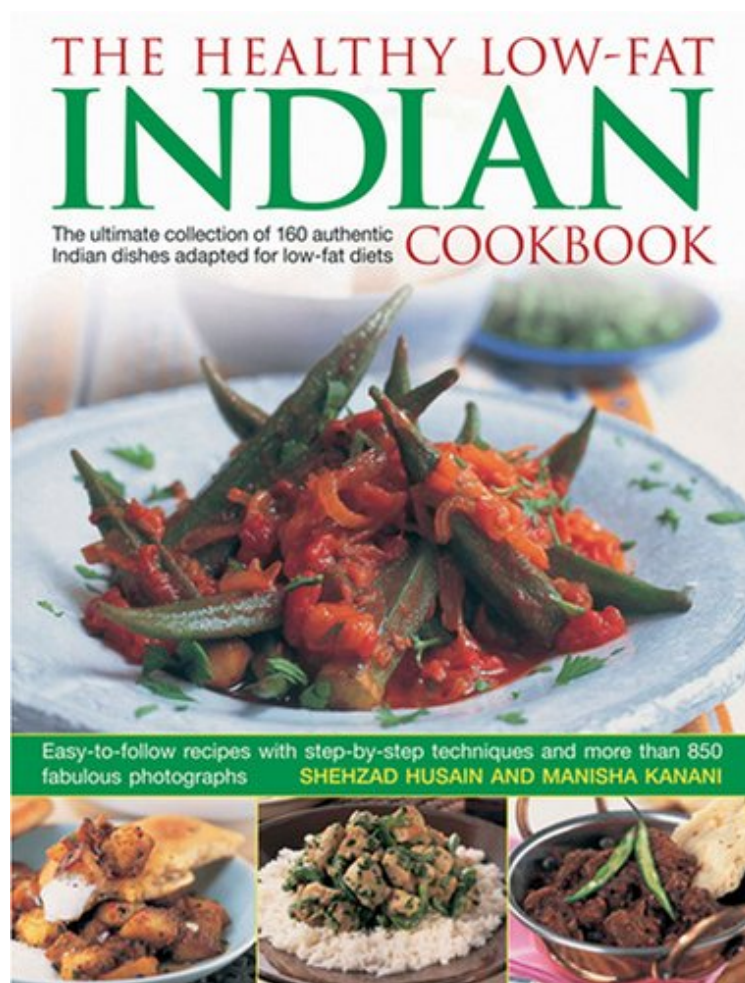


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The Healthy Low Fat Indian Cookbook: The Ultimate Collection of Authentic Indian Dishes Adapted for Low-Fat Diets. 160 Easy-to-Follow Recipes with Step-by-Step Techniques and 850 Fabulous Photographs

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About the AuthorShehzad Husain's has taught cookery, including a spell at the Cordon Bleu School in London. She is the author of several books on Indian cooking and contributes regularly to various periodicals, including Taste and Family Circle. Shehzad is also cookery consultant and advisor to Marks Spencer plc on their popular range of Indian foods. Manisha Kanani is a freelance home economist working regularly at Family Circle magazine. She has also worked on demonstrations for the BBC Good Food Show.