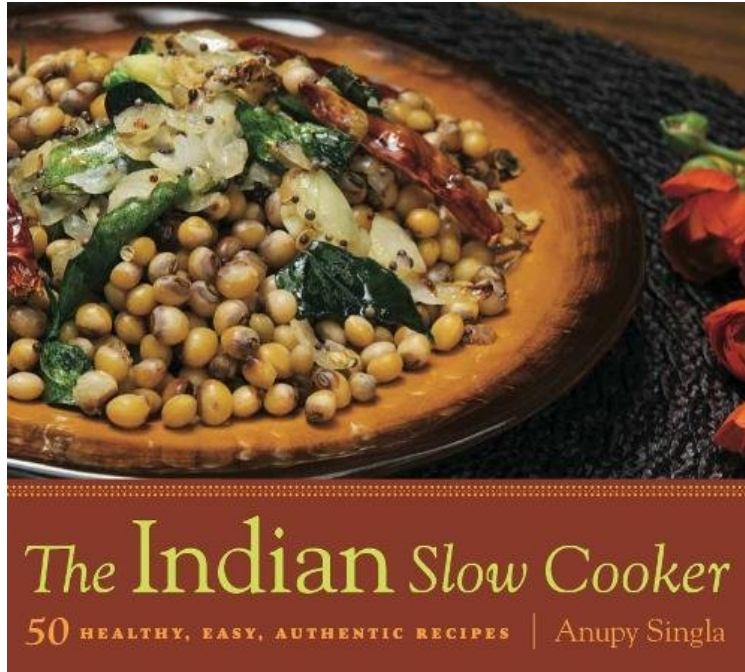


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## The Indian Slow Cooker: 50 Healthy, Easy, Authentic Recipes

Anupy Singla

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**Anupy Singla : The Indian Slow Cooker: 50 Healthy, Easy, Authentic Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Indian Slow Cooker: 50 Healthy, Easy, Authentic Recipes:

0 of 0 people found the following review helpful. Discover new flavors and good-for-you dishes that will become your new go-tos for your slow cookerBy Lady Margaretif you are a complete novice at Indian cooking, or looking for healthy, flavorful, new recipes for your slow cooker, this cookbook is for you. It has a wide range of traditional recipes designed for the slow cooker and each one is a winner. I have owed this book about 3 years now and I am still in love with the recipes contained in it. Prep for most dishes is a little more than American style dishes you make in the slow cooker (mainly grinding up exotic spices along with onion, chilies and garlic) but the flavors can't be beat. I am especially obsessed with the lentil recipes. Most ingredients you can find at most grocery stores but a few you will have to pick up at an Indian market. (specialty flours and curry leaves come to mind) Don't be intimidated by all the ingredients; it doesn't take much time to put them all together in the slow cooker and end up with wonderfully spiced, healthy, new dishes you never thought you could make at home.2 of 2 people found the following review helpful. In love!By R. JauraI have to say, I absolutely love this book. It has made me fall completely in love with my slow cooker! I've made about 6-7 recipes in the book so far, and every one of them has come out amazing. Much better, or at least comparable in taste to, good restaurant food. Plus being able to make it myself and knowing that it doesn't have a ton of unhealthy oils and masalas (spices) in it makes it so much better than takeout! I find the recommended amount of salt in most of her recipes a bit too much for my family's tastebuds, as well as the amount of chillies (sliced green chillies + red chilli powder), but adding these ingredients according to taste versus what's prescribed in her recipes has

fixed that problem. I'm a full time mom at the moment, and this has been the perfect solution to getting healthy, yummy food on the table every day without spending more than 20-30 minutes in the kitchen. Love it! 1 of 1 people found the following review helpful. The product arrived on time and in perfect condition. I like this book By Megan A. Guerndt The product arrived on time and in perfect condition. I like this book. The recipes themselves are easy to understand. In addition, there's a long section at the beginning describing various spices, ingredients, etc. So it's easy to refer back the beginning. The recipes have easy step by step instructions and clearly identify cooking times and yield. A few notes/quibbles. Most of the recipes are vegetarian. That was great for me, but it's something to be aware of. There are a few meat dishes, but they often require you to do significant cooking outside of the slow cooker. For me that pretty much defeats the purpose of using a slow cooker, so I doubt I'll try those recipes (chicken tikka masala, for example). Not all recipes include photographs, which is bizarre to me in a cookbook. One important note is that these recipes probably won't taste exactly like what you might eat at a good Indian restaurant or some Indian homecooking. The reason for this is that for many Indian recipes, the spices are lightly fried and then added to the dish. This releases a lot of the oils and makes the food more flavorful. This step is missing, of course - you pretty much add all of the ingredients and then let it cook (except for a few meat dishes, as mentioned). This isn't a huge deal to me because the food still turns out flavorful and fantastic, just another thing I thought you should be aware of. Helpful tip: Visit a local ethnic grocery store to purchase spices. There was a small bottle of cardamom pods for \$18 at Wal-Mart. At my local Indian grocery store, I was able to buy a large bag of the pods, a bag of ground cumin, a bag of ground coriander, and a package of garam masala for about \$15. Also, this store had a much larger selection than just the green lentils that Wal-Mart had.

This unique guide to preparing Indian food using classic slow-cooker techniques features more than 50 recipes, beautifully illustrated with full-color photography throughout. These great recipes take advantage of the slow cooker's ability to keep food moist through its long cooking cycle, letting readers create dishes with far less oil and saturated fat than in traditional recipes. Anupy Singla shows the busy, harried family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. Her "Indian Spices 101" chapter introduces readers to the mainstay spices of an Indian kitchen, as well as how to store, prepare, and combine them in different ways. Among her 50 recipes are all the classics — specialties like dal, palak paneer, and gobi aloo — and also dishes like butter chicken, keema, and much more. The result is a terrific introduction to making healthful, flavorful Indian food using the simplicity and convenience of the slow cooker.

"Of all the world's cuisines, India's is perhaps best suited to the steady simmer of a slow cooker...If you love Indian food, have a look at Anupy Singla's *The Indian Slow Cooker*. Folded in with lush food photography are easy, healthful recipes with traditional flavors." —Lois White, *Better Homes Gardens* "My favorite new slow cooker book is *The Indian Slow Cooker* by Anupy Singla....Because Indian dishes are rich in spices and robust flavors, they stand up well in slow cookers. Singla actually developed the recipes specifically for the slow cooker so the techniques and ingredients work well in the machine." —Genevieve Ko, *Good Housekeeping*, October 14, 2011 "Singla's book goes against what many believe is required of Indian cuisine--infusing hot oil with a whole mess of spices as the base for dishes. Instead, she argues, throw everything into the Crock-Pot and let the aromatics do their thing... the book gives old- and new-school cooks alike ample reason to give Indian food a shot." —Janet Rausa-Fuller, *Chicago Sun-Times*, October 20, 2011 "Ms. Singla says her book is aimed at anyone who wants to eat more vegetarian food and she doesn't believe in calling Indian food 'spicy' or 'exotic' anymore." —*Wall Street Journal*, *India Real Time Blog*, August 24, 2010 "[*The Indian Slow Cooker*] is slim in appearance, a mere 136 pages. Yet the author has packed its pages with 50-plus recipes, lots of guidance and enough enthusiasm for slow cookers and Indian food that fans of either or both will be prompted to try one of her recipes..." —Judy Hevrdejs, *Chicago Tribune*, April 6, 2011 "Next time you have a hankering for Indian food, don't think take-out. Think ahead. That's the message from Anupy Singla, author of *The Indian Slow Cooker* who is on a mission to correct misperceptions about Indian food..." —Michele Kayal, *Associated Press*, October 26, 2010 "In her friendly voice, Anupy Singla welcomes everyone into her kitchen, even busy and beginner cooks. With her comprehensive guide to ingredients and surprisingly simple and healthy recipes that perfume the house on a cold day, *The Indian Slow Cooker* is a great first book on Indian cooking. We love recommending it to our customers!" —Lara Hamilton, Owner of *Book Larder*, Seattle, WA "Anupy has a fantastic blog, *Indian As Apple Pie*, a beautiful cookbook, "*The Indian Slow Cooker*", and an innovative spice box product now being offered by Williams-Sonoma." —Nancy Loo, *WGNtv.com*, September 5, 2011 "Anupy is really on to something here. In 50 well-crafted and imaginative recipes, Anupy shows you how to use the modern slow cooker to get the beautiful, complex flavors of her ancient native cuisine. A book that will surprise you." —Dorie Greenspan, author of *Baking with Julia* and *Around My French Table*, as well as contributing editor to *Parade* magazine, December 23, 2010 "For those who love Indian food--or who are interested in starting to explore it--Anupy shows how to prepare the classic dishes in healthful versions that use far less oil and saturated fat than traditional recipes...Anupy introduces the mainstay spices of an Indian kitchen, and how to store, prepare, and combine them in different preparations." —WLS-ABC Channel 7,

March 26, 2011 "The talented and beautiful Anupy Singla, author of *The Indian Slow Cooker*, understands that many home cooks are intimidated by Indian spices and cooking. So she created spice packets, small bundles of 5 essential Indian spices, that will get anyone cooking Indian. Demystify something for people, and they will love you." —Susan Russo, writer for FoodBlogga blog and contributor to NPR's *Kitchen Window* "Singla's recipes, and writing in general, exudes common sense and practicality...Straightforward, healthy recipes for easy preparations of all your favourite Indian dishes combined with mouthwatering photographs make this a cookbook any lover of Indian food will appreciate." —Rebecca Bagniet, *EAT Magazine*