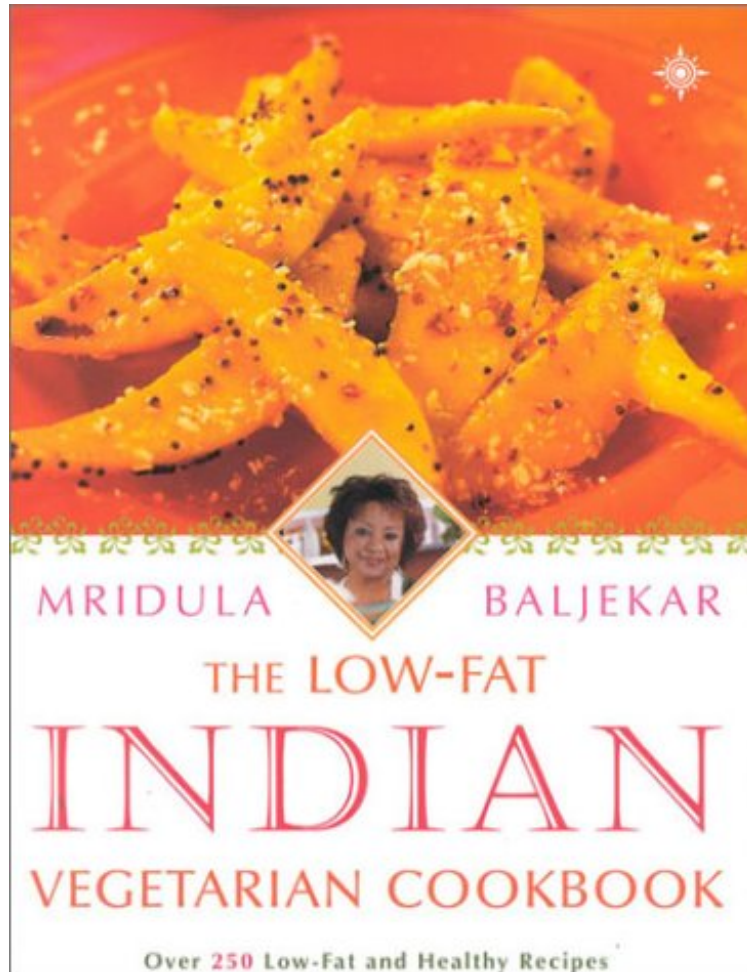


[FREE] The Low Fat Indian Vegetarian Cookbook

The Low Fat Indian Vegetarian Cookbook

Mridula Baljekar

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#3379463 in Books 2002-11-25Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.68 x .87 x 7.46l, #File Name: 0007140495288 pages | File size: 40.Mb

Mridula Baljekar : The Low Fat Indian Vegetarian Cookbook before purchasing it in order to gage whether or not it would be worth my time, and all praised The Low Fat Indian Vegetarian Cookbook:

0 of 0 people found the following review helpful. Great recipes for all!By Theresa WalkerEasy so delicious! Love this cookbook!0 of 0 people found the following review helpful. Five StarsBy EARour daily cooking bible!25 of 26 people found the following review helpful. Excellent authentic traditional Indian dishes.By A CustomerThese are recipes that western cooks could make with western ingrediants for Indian guests with complete confidence.If you love Indian food but worry that the food is often too high in fat: swimming in delicious clarified butter but too rich to be eaten more than occassionally, this book is the answer. The recipes are easy and quick to prepare. With the help of this cookbook you can have healthful Indian meals every day.The author is a British writer of Indian cookbooks and presenter of TV cooking series. Her recipes are very clever in the way they reduce fat and enhance flavor. One of her secrets was revealed in her previous book "Indian Cooking Without Fat" c.1999; she roasts spices on a dry frypan, she

does not fry them in oil. You'll have to read the book to discover more of her ingenious and simple cooking techniques. There are only a few Indian ingredients that are hard to find anywhere else but the imported food section, these are: asafoetida (a dry powdered spice, you may substitute garlic powder), besan (chick-pea flour), rose-flavored syrup. There might be one fault with the book, and that is that it was written for a British audience but was not translated into an American-English version. To help, I flipped through the book and found this list of translations that might be helpful; although most are fairly obvious. Some "British" to American translations: "aubergine" = eggplant "bicarbonate of soda" = baking soda "beetroot" = beets "caster sugar" = granulated sugar "cornflour" = corn starch "coriander" = cilantro "courgette" = zucchini "creme fraiche" = sour cream "desiccated coconut" = shredded coconut "double cream" = heavy cream "English mustard" = dry mustard powder "fromage frais" = cream cheese "glace cherries" = marachino cherries "root ginger" = ginger root "semolina" = wheat flour "semi-skimmed milk" = 2% milk "soda water" = club soda "star anise" = anise seed "stoned dates" = pitted dates "sunflower oil" = safflower oil

This book offers delicious recipes that are low in saturated fats and cholesterol, allowing you to indulge your appetite, spice up dinner time and treat your taste buds to an exciting range of flavors.

"Mridula Baljekar is the de-mystifier of curry" The Observer "The cook who spiced up a superstore. She adds spices in an apparently mystic way" Independent on Sunday "Perfect for the calorie-conscious diner." Publishers Weekly "My husband managed to follow Mridula Baljekar's recipes with delicious results"- Beverley La Blanc in 'Weekend Telegraph' 'A must for all Indian food fans.' Publishing News "Mridula offers practical and straightforward advice on each cooking technique, unlocking the mystery and allure that surrounds Indian cooking." My Weekly About the Author Mridula Baljekar is a highly regarded chef specialising in Indian food. She has worked on TV and as a consultant for major food companies including Tesco. She is the author of several successful Indian cookery titles and runs her own well established restaurant.