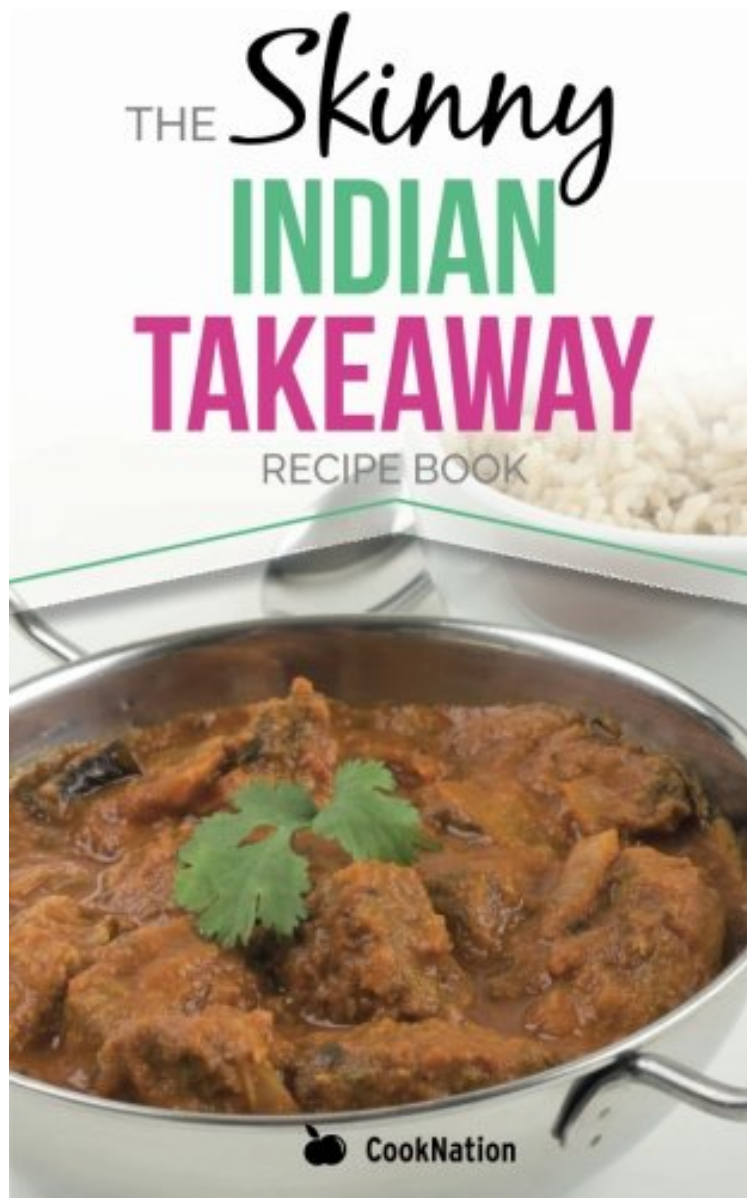


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before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Skinny Indian Takeaway Recipe Book: British Indian Restaurant Dishes Under 300, 400 And 500 Calories. The Secret To Low Calorie Indian Takeaway Food At Home. (Kitchen Collection)*:

10 of 10 people found the following review helpful. Useful -- if you like that sort of thing
By Rick Cook
This book focuses on low-calorie (!) versions of British Indian takeout. How you feel about the book is going to depend almost entirely on how you feel about that style of cuisine. Some people like it a lot, others don't. It is not "authentic" Indian food as served in Indian homes, but for a lot of people, this is "real Indian food". Restaurant style Indian food is built around a master sauce which is prepared in large quantities and then serves as the basis of almost everything. This book provides a low(er) calorie version of the sauce which can be divided into individual servings and frozen for several months. This is much more convenient for the home cook. The recipes themselves are portioned to serve 2 and built around a single skinless boneless chicken breast. The results are never going to receive the American Heart Association seal of approval but they are definitely lower calorie than the original versions of the dishes.
0 of 0 people found the following review helpful. Lovely book
By anne yates
The recipes are great but I don't understand the Base sauce. When doing a recipe it says 2 portions of base sauce, but what is a portion. Says on base sauce serves 12 people but I'm unsure what a portion is of the Base sauce. Hope somebody can advise me.

The secret to cooking your favourite Indian takeaway meal isn't a secret anymore and even better, all our recipes are low calorie so you don't have to feel guilty about it ever again! This recipe book is packed full of the UK's best loved British Indian Restaurant Takeaway meals which we have turned into 'skinny' versions with our Secret Super Simple Skinny Curry Base Mix. This means you can still enjoy your Friday night takeaway without piling on the pounds or compromising on the takeaway flavour we all love so much. So EASY even a BEGINNER can master in minutes the simple secret behind low calorie Madras, Tikka Masala, Korma, Rogan Josh, Vindaloo, Bhuna many more. Plus you'll be doing it the 'skinny' way without the gut-busting calories.

The Skinny Indian Takeaway Recipe Book