



## Healthy Indian Cooking

By Shehzad Husain, Manisha Kanani

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...



**READ ONLINE**  
[ 6.97 MB ]

### Reviews

*Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.*

*-- Mr. Gustave Gerhold*

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

*-- Dr. Kadin Hane DVM*

## You May Also Like



### [Goodparents.com: What Every Good Parent Should Know About the Internet \(Hardback\)](#)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



### [Symphonic Variations, Op. 78 / B. 70: Study Score](#)

Serenissima Music, United States, 2013. Paperback. Book Condition: New. 242 x 168 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dvorak received a commission for this work in 1877 for a benefit concert to raise funds for the construction...



### [The Noon Witch, Op. 108 / B. 196: Study Score](#)

Petrucchi Library Press, United States, 2013. Paperback. Book Condition: New. 240 x 168 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The third of the four late tone poems inspired by Bouquet, a collection of ballads by Karel Jaromir...



### [More Spaghetti, I Say!](#)

Scholastic Inc., United States, 1993. Paperback. Book Condition: New. Mort Gerberg (illustrator). Reissue. 218 x 147 mm. Language: English . Brand New Book. With inspiring and educational stories, Scholastic s Hello Reader series caters to the spectrum of reading abilities among beginning...



### [The Mystery of God s Evidence They Don t Want You to Know of](#)

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Save children s lives learn the discovery of God Can we discover God? What does science prove?Why we were never...



### [No Friends?: How to Make Friends Fast and Keep Them](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...