



Oil-Less Cooking: A Cookbook for Reducers

By Aroona Reejhsinghani

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. This book has been written keeping in mind weight reducers, heart patients and other patients. The recipes can be adapted to suit any sick person, the only concession is to remove all spices and prepare the dish with only salt. If you are a heart patient or suffering from any other diseases, when buying meat go in for lean cuts, which contain no fat, use a young fowl rather than an old hen, white meat rather than the dark meat, meat without skin, lean fish like pomfret and avoid red meat such as beef. The recipes in this book do not contain even a drop of oil, ghee, vanaspati or butter. This exciting book shows you how to prepare cakes and cookies, biryanis and kababs, curries and koftas without using any cooking medium. In fact all your favourite Chinese, Indian and Continental dishes have been adapted to oil less cooking and the dishes taste amazingly delicious. Recipes have been tried and tasted in the author's experimental kitchen. The section on Indian and Continental sweets and deserts are mouth-watering, the crunchy tea time savouries, the hot soups and spicy pickles and the different styles...

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