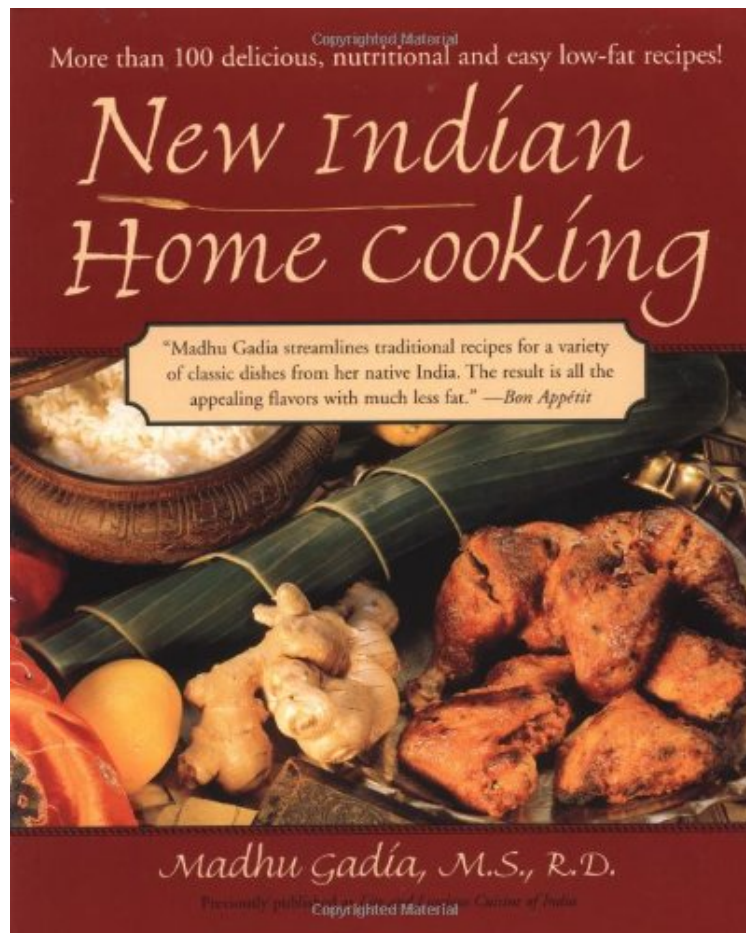


New Indian Home Cooking: More Than 100 Delicious, Nutritional and Easy Low-Fat Recipes

Madhu Gadia

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Madhu Gadia : New Indian Home Cooking: More Than 100 Delicious, Nutritional and Easy Low-Fat Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised New Indian Home Cooking: More Than 100 Delicious, Nutritional and Easy Low-Fat Recipes:

1 of 1 people found the following review helpful. Why this is the best book on Indian cooking for beginners and those looking for a healthy, economical food plan. By Peggy Stewart This book introduced me to the flavours and economy of everyday Indian home cooking, just as the title states. The first time I looked it over, I was in a library. I took it home and studied it because at the time I had very little money with a startup publishing company and in the midst of my first book. This book tells you how to purchase, cook and flavour the most healthy and delicious cuisine, even if you have very little money. It is also low-fat and low-sugar, making the recipes terrific for those on a heart-diet or diabetic food plan. I highly recommend the book, which is now in my own home library for keeps. 1 of 1 people found the following review helpful. Gracella M. By Grace Meyers I am delighted with Ms Gadia's cookbook. I, too, wore my

first one out and had to purchase another. The spices she uses are pretty basic Indian spices, so you don't have to travel to New Delhi to get them. When she wrote this book under its other title, she was based in Oklahoma City. Her resourcefulness is evident when one realizes there probably wasn't a corner Indian store from which to purchase the necessities to produce these great Indian dishes. Her recipes are healthy, and delicious as well. I have a couple of other Indian cookbooks by well-known authors, but this is my "go to book" time after time. 15 of 16 people found the following review helpful. good for the health-conscious By Mitch Baywatch I probably wouldn't have bought this book if it had still been under its hardcover title "Lite and Luscious Indian Cuisine" (or something like that). I am suspicious of overtly health-conscious food (and cutesy misspelling), although Indian food tends to work pretty well even when low fat. It is pretty easy to adjust these recipes, though, by using full-fat yogurt, ghee, etc. The strength of this book is that it provides many non-main course recipes, such as snacks, breads, drinks, etc. This is home cooking, not restaurant cooking. There are a few drawbacks. The book barely has 100 recipes, so if you buy a big bag of toor dal, there are only a few things you can do with it. I would have preferred more recipes and less advice on healthy eating (but others may disagree). While the recipes are generally easy to make, this isn't a book that does much hand-holding. Other cookbooks provide step-by-step instructions; this does not. A few times I've wondered whether my dish was supposed to come out a certain way, but there are no pictures. Some of the recipes worked for me, but some seem under-spiced.

"Gadia brings quintessential Indian dishes like specialty breads and tandoori chicken within easy reach of the home cook." --Publishers Weekly "Healthful Indian recipes aplenty...a welcome addition to any kitchen." --India Currents "Gadia conveys both a love of her cultural heritage and down-to-earth, easily understood guidelines for healthy eating. A sound resource on Indian cooking from a dietary standpoint." --Booklist New Indian Home Cooking features more than 100 quick and easy-to-prepare recipes--from appetizers to desserts--plus: sample meal plans * time-saving tips * vegetarian meals * nutritional analysis for each recipe * a glossary of cooking terms and ingredients * and more...Recipes include * Samosas and Naan * Subji Biryani (vegetable-rice casserole) * Masoor Dal (lentil soup) * Tandoori Tari (barbecued chicken) * Machhi Kali Mirch (baked fish with black pepper) * Rogan Josh (lamb in yogurt sauce) * Pudina Chutney (mint chutney) * Kheer (rice pudding) * and more

.com Indian cooks know how to infuse vegetables, legumes, and grain dishes with appealing, intense flavors. That's one reason Indian cooking is attractive when you want to emphasize these foods in your daily diet; however, unfamiliar ingredients and cooking techniques, too much fat and dairy, and time-consuming preparation can be drawbacks to preparing these dishes. Madhu Gadia, a registered dietician, addresses these issues in *Lite and Luscious Cuisine of India*. Gadia's self-published book begins with a lesson in basic nutrition, and includes a nutritional breakdown for all 100-plus recipes. To help make Indian cooking more accessible, Gadia suggests when you can reduce preparation time by using frozen vegetables, and recommends ways to prepare and freeze key ingredients so that they will be on hand when you want them. You will recognize many dishes from restaurant menus, including Lamb Seekh Kebab and Chicken Khorma. Most interesting are the good selection of dals, rice, and vegetable dishes, all made using less fat than usual. To eliminate the stumbling block of getting the required ingredients for making many Indian dishes, the book includes an offer for ordering two kits, one that contains all the spices and seasoning blends called for in the book, and one that contains enough of the 15 beans and legumes used to make at least one recipe calling for each. From Library Journal Bharadwaj's lavishly illustrated book is a guide to more than 100 ingredients basic to Indian cooking, from spices and spice mixtures to beans and grains; some will be unfamiliar even to those who do a lot of Indian cooking. Most are given a two-page spread, with color photographs of the ingredient and of a dish or two made from it. Scenes of India and its people are scattered throughout the text, and the accompanying recipes exemplify the diversity of India's regional cuisines. Bharadwaj's text is informative and well written, but, unfortunately, the recipe style is awkward, and there are a number of Britishisms. Nevertheless, this attractive volume should be an invaluable resource; for most collections. Gadia was born in India but now lives in the Midwest; a clinical dietitian, she also teaches Indian cooking. Her recipes for authentic Indian home cooking are easy to make and low in fat and calories. Despite the plethora of low-fat books published recently, there have not been many on Indian food; this may be the only Indian cookbook for diabetics (food exchanges as well as nutritional analyses are included with every recipe). Although the editing could have been more polished, Gadia's unimposing style and simple recipes should appeal; for larger and special collections. Copyright 1997 Reed Business Information, Inc. From Booklist Indian fare is esteemed for its richness, complexity, and exciting blending of spices. Gadia approaches India's cuisine from an authentic albeit low-fat perspective, so these recipes can be enjoyed even by someone concerned about weight gain. She discusses healthy attitudes toward food, cholesterol, and calories, explaining how traditional dishes from various regions of India are modified to lower the fat content. A clinical dietitian, Gadia conveys both a love of her cultural heritage and down-to-earth, easily understood guidelines for healthy eating. A sound resource on Indian cooking from a dietary standpoint. Alice Joyce