

[Download free ebook] No Oil Vegetarian Cooking (English and Hindi Edition)

## No Oil Vegetarian Cooking (English and Hindi Edition)

(Sanjeev Kapoor)

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**(Sanjeev Kapoor) : No Oil Vegetarian Cooking (English and Hindi Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised No Oil Vegetarian Cooking (English and Hindi Edition):

2 of 2 people found the following review helpful. I wanted to like this book - I really wanted to learn how ...By occasional shopperI wanted to like this book - I really wanted to learn how to cook authentic tasting Indian food without oil. Unfortunately, and honestly this isn't the fault of the author Sanjeev Kapoor - but I don't eat dairy and almost every recipe used dairy. Most of the recipes did not use many spices and as a result I thought they tasted flat, not as complex as they should.However all is not lost, thanks to the internet I discovered a mass of videos including some that were vegan. The best ones were by VahChef at VahRehVah dot com I can now whip up better and healthier Indian food than a restaurant at home.

This is a cookbook worth being labeled a masterpiece. An absolutely must buy for all those who are reeling under the pressures of modern living. With lifestyle diseases on the rise, this collection of special recipes is devoted to make intelligent eating a norm. Sail guilt free through the day on a breakfast of baked and herbed Hash Brown Potatoes. Try your perennial favourite like Makai Palak in its fragrant glory thanks to ginger, kasoori methi and garam masala. Without a drop of oil. Interesting! Spice up tea time with Sandwich Dhokla and Stuffed Besan aur Methi Cheela and welcome dinner time without feeling stuffed! Some good offerings for guests who watch the scale are Paneer Frankie and Soya Burger. There is so much more....low calorie desserts for the incorrigible sweet tooth that will enjoy Anjeer

Ka Meetha and Chhanar Payesh.

About the Author Sanjeev Kapoor is the most celebrated face of Indian food today, his passion for Indian cuisine translating into success with every new venture, dominating every global medium. He started his career in the hospitality industry with a diploma in Hotel Management, Catering and Nutrition. Along the way he has collected several awards, which includes the Best Executive Chef of India, and the Mercury Gold Award by Inter Flight Catering Association. He was instrumental in getting Indian Airlines the Mercury Silver Award in recognition of the on-board food festival he designed for them. He has the longest running and highly rated cookery show Khana Khazana on Zee TV which is being aired ever since its launch in 1993, and has been awarded the Best Cookery Show by the Indian Television Academy for four consecutive years in a row. He is by far the biggest selling author in Indian publishing today. His first book Khazana of Indian Recipes, published by Popular Prakashan has sold more than a million copies and is now in its 12th reprint. His other books like Khazana of Healthy Tasty Recipes; Low Calorie Vegetarian Cookbook; Any Time Temptations; Best of Chinese Cooking, Microwave Cooking Made Easy, and Simply Indian too have been best sellers. He lends his franchise to many up-market fine dining restaurants within and outside India like Al Nasr Leisureland, Dubai, Grain of Salt, Kolkatta and the Yellow Chilli chain in Ludhiana, Jalandhar, Amritsar, Delhi, Noida, and Panchkula. He has already launched one CD-ROM on Indian cookery and will soon come out with another titled Ode to Indian Food, which has over 124 recipes. He has also ventured into FMCG (fast moving consumer goods), with a wide range of blended masalas and pickles under the brand name of Sanjeev Kapoor's Khazana.