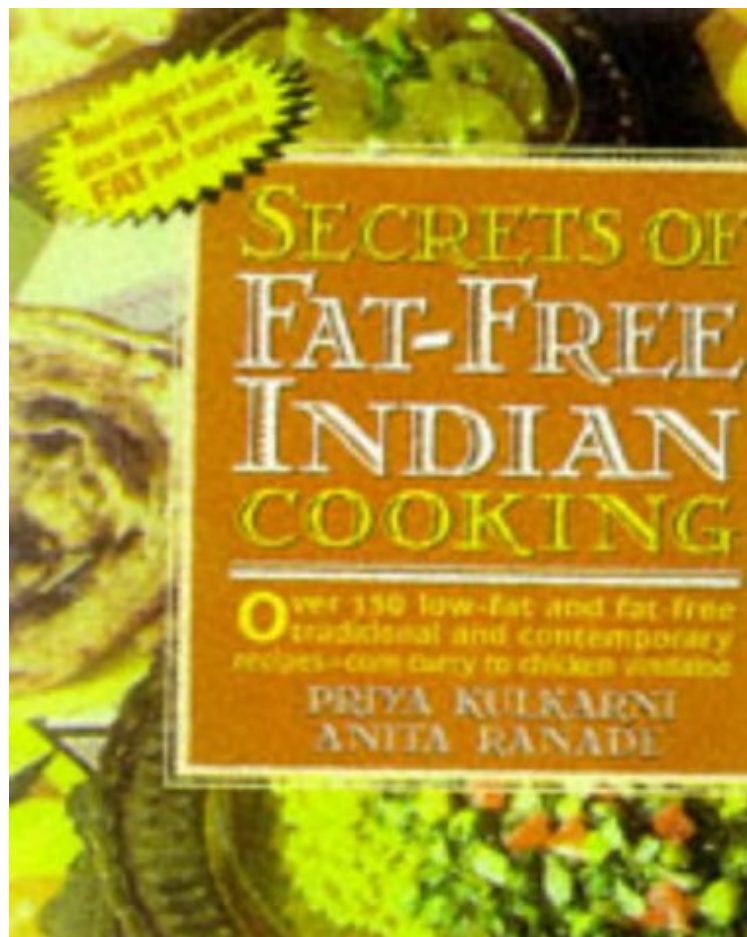


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## Secrets of Fat-free Indian Cooking: Over 150 Low-fat and Fat-free Traditional Recipes

*Priya Kulkarni, Anita Ranade*

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**Priya Kulkarni, Anita Ranade : Secrets of Fat-free Indian Cooking: Over 150 Low-fat and Fat-free Traditional Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Secrets of Fat-free Indian Cooking: Over 150 Low-fat and Fat-free Traditional Recipes:

3 of 3 people found the following review helpful. Used so often, I had to buy a new one By S. L. Kelly I already own this book. It is used just about weekly in our house and the family loves everything I've tried out of the book. It's worn out. Our favorites are the Tandoori Chicken Kebabs, Spicy Yellow Rice and the Red Kidney Bean Curry. Many vegan options. The only thing it is missing is Aloo Gobi (which you can find just about anywhere). Now are our restaurant experiences are gauged against home cooking! 10 of 10 people found the following review helpful. absolutely amazing! a life saver . . . By A Customer If you're going insane on a low sodium, low fat diet then get this book!! The

recipes are flavorful and rich without the salt and fat of traditional Indian cooking. Some really innovative ways of adding flavor to food (like the fat free coconut milk recipe) had me questioning the recipes but everything I tried has come out absolutely perfect. Thanks so much ladies!! My taste buds are finding a new lease on life!! 2 of 4 people found the following review helpful. It is what I wanted. By A. Perez The book is a great book. I loved it when I first read it from the library and was dismayed to find few people selling them and at high prices and while I paid more than the book is worth I think the info in it makes up more than ever for it as lowering the fat in Indian food can be very, very difficult yet the recipes manage to do a very good job. I've been trying to get more into Indian Foods (But can't tolerate even mild chiles) and still trying to understand curries and some of the combinations that sound strange but aren't when made and having a way to make these dishes lower in fat helps me to keep experimenting. Great Book I'd recommend it to anyone who wants to learn how to lower the fat in Indian foods.

Health experts agree that reducing the amount of fat in the diet is a sure way to better health and longer life. Health-conscious diners can now enjoy such fat-free East Indian delights as Mulligatawny Soup, Tandoori Masala, Lamb Curry, Barbecued Shrimp, Sweet Saffron Rice, and more. 12 color photos. 30 bw illustrations.

From Booklist Though Americans, on the whole, are not flocking in crowds to try Indian delicacies, these authors' attempts to reduce the high fats found in traditional curries and samosas may induce home chefs to indulge. Kulkarni and Ranade streamline calories and speed of preparation in their more than 150 recipes. In fact, without the reliance on the three Cs--curry, cumin, and cilantro--and turmeric, it is difficult to distinguish baked eggplant slices from a comparable Italian dish. As is to be expected, nutritional analysis is integral to each recipe, usually teamed with either helpful hints or suggested accompaniments. Even better are the informative sidebars, from directions on making samosa with phyllo dough to choices of marsala mixtures. Barbara Jacobs