

(Download pdf) Spice for Life: One Hundred Healthy Indian Recipes

Spice for Life: One Hundred Healthy Indian Recipes

Anjula Devi

DOC | *audiobook | ebooks | Download PDF | ePub



[Download](#)

[Read Online](#)

#511806 in Books 2017-06-06Original language:English 10.10 x .90 x 7.80l, #File Name: 1908337370160 pages | File size: 68.Mb

Anjula Devi : Spice for Life: One Hundred Healthy Indian Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Spice for Life: One Hundred Healthy Indian Recipes:

In her first book, Anjula Devi has created over 100 dishes which show you how to combine the “secret seven herbs and spices” integral to authentic Indian cooking. For instance, turmeric can combat arthritis while chillies are high in Vitamin C and antioxidants—excellent for glowing skin. But understanding what the most effective and delicious combinations are and how to use them is what Anjula is passionate about. Together with the freshest ingredients available, these recipes work for any occasion, whether a quick meal for one or a large family celebration.

'Anjula's food is like no other. With her effortless charm and encyclopaedic knowledge of her craft, she's set to blaze a

trail is a new domestic goddess.' The Daily Mail
About the Author Born and raised in Southall, London in the early 1970s, Anjula's father was her food inspiration. He believed in healthy and wholesome Indian cooking which he had been taught himself by his own father in Kenya – all the men in his family were excellent cooks! After a successful career in the food industry, Anjula set up her own cookery school and catering company, winning the prestigious BBC Good Food Bursary, founding her masala range, Route 207, and becoming brand Ambassador for TRS Foods.