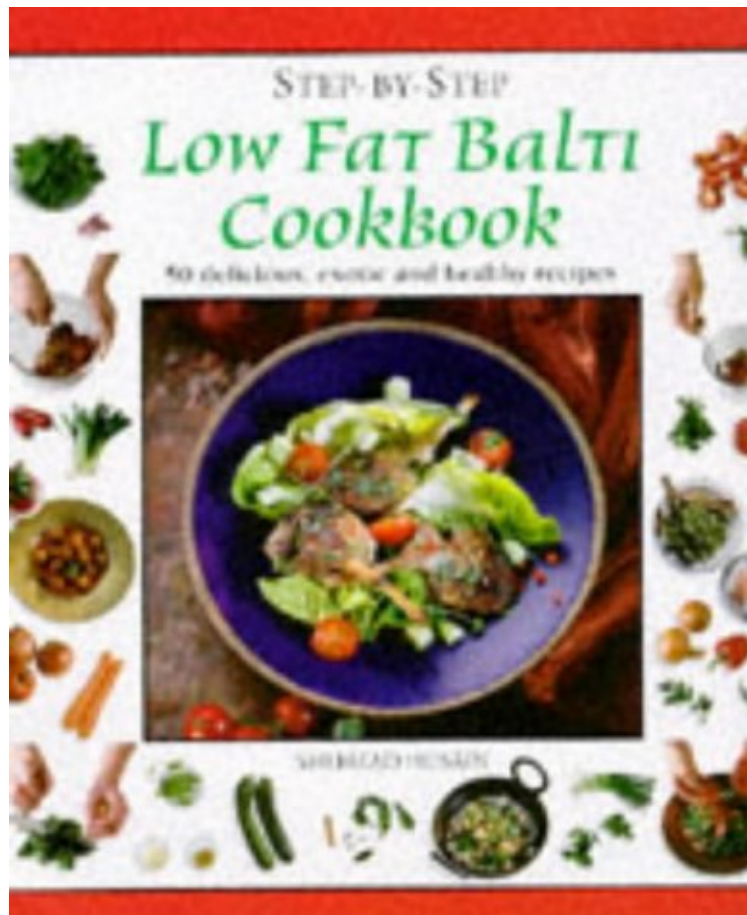



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Balti cooking is one of the most exciting innovations to reach western kitchens in recent years. Cooked in restaurants, Balti dishes are often high in fat, but the recipes collected here have been adapted for a healthier approach to diet. '