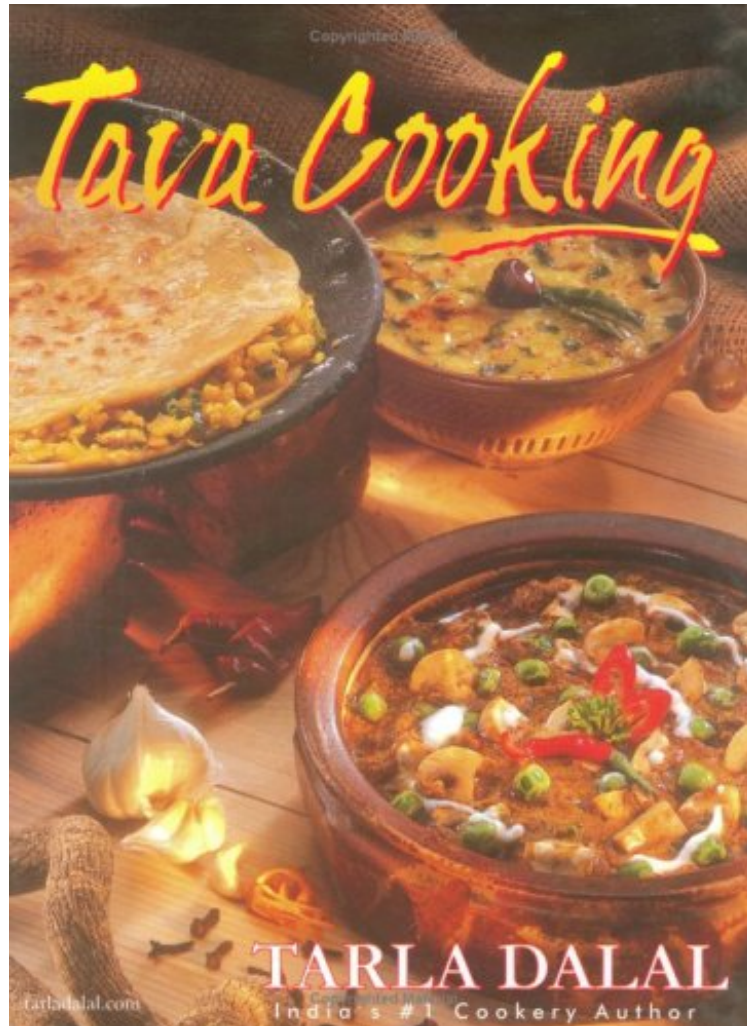


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Tava Cooking

Tarla Dalal

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Tarla Dalal : Tava Cooking before purchasing it in order to gauge whether or not it would be worth my time, and all praised Tava Cooking:

Tava cooking tends to be one of the healthy side as the quantity of oil stored in tava is restricted. Furthermore the masalas are always cooked in oil and not eaten raw and the masala usage is also restricted. Another point is that because of the high heat used, bacteria gets killed in tava cooking and the cooking becomes hygienic. Tava cooking originated as a method of quick cooking on the streets of Delhi and Lucknow where the ingredients were cut in advance and kept ready and the dishes were cooked in front of the customers. Apart from cooking vegetables, tava is

also used for cooking rotis, parathas, etc. A variety of regional breads like the gujarati puda, rajsthani chila and the sindhi koki are included among the recipes in this book. The recipes in this book include both traditional dishes like pav bhaji and dosa as also non-traditional dishes like sizzlers. You can use your imagination and make many other dishes on this very versatile cooking equipment. Readers may know that most of the vegetable dishes can also be prepared in a shallow frying pan.

About the Author Mrs. Tarla Dalal is India's best-selling cookery author since over 2 decades. She has written a total of 100 titles, several of which have been translated in various languages like Hindi, Gujarati, Marathi, Bengali and even Dutch and Russian! The total sales of her cookery books exceed 3 million copies. Her first book *The Pleasures of Vegetarian Cooking*, which was published in 1974, was an instant success with Indian housewives. The book, which is considered a classic in cookery books, has sold a record 1,50,000 copies. Lately there has been a new addition to the list called the **TOTAL HEALTH SERIES**. These are health-related cookbooks with recipes and information on various subjects like *The Pregnancy Cookbook*, *Baby and Toddler food*, *Delicious Diabetic Recipes*, *Fast foods made Healthy*, *Healthy Breakfast*, *Healthy Soups and Salads*, *Cooking with 1 Teaspoon of Oil*, *Healthy Soups and Salads*, *Healthy Breakfast and Calcium Rich Recipes* has been her best-selling book recently. In addition to writing cookbooks, Mrs. Tarla Dalal also has a major web presence in the form of tarladalal.com