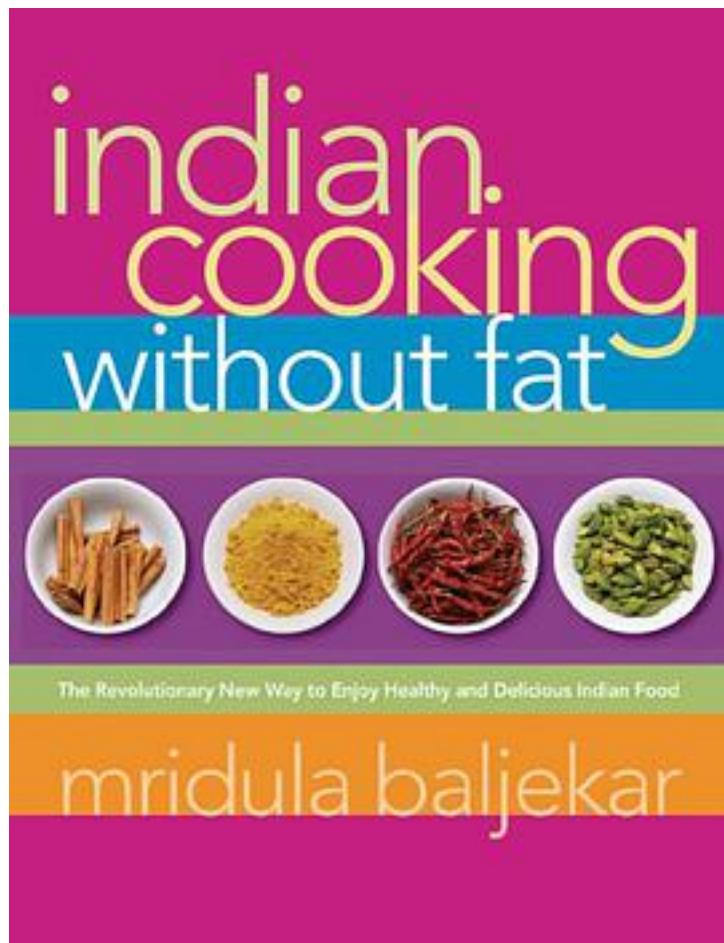


# Indian Cooking without Fat



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Most health-conscious eaters tend to avoid Indian food because of the high-fat methods used to prepare many of the popular dishes. Leading Indian cookbook writer Mridula Baljekar's revolutionary methods allow readers to enjoy deliciously spiced

Indian meals, packed with flavor and nutrition, but without added fat. Drawing upon her extensive knowledge of traditional Indian cooking techniques, flavors, and spices, Baljekar has devised no-added-fat cooking techniques that dramatically revise how delicious Indian food is prepared without altering its authentic taste. With insightful cook's tips featured throughout, the 150 easy-to-prepare recipes include Vegetable Soup, Spiced Chapatis, Ground Lamb Kebabs, King Prawns with Baby Zucchini, Fish Tikka, Fresh Tomato Chutney, Tandoori Chicken, Saffron Rice, Savory Potato Mash, Mixed Vegetable Curry, Spiced Pears, Rose-Flavored Iced Dessert, and more.

作者介绍:

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