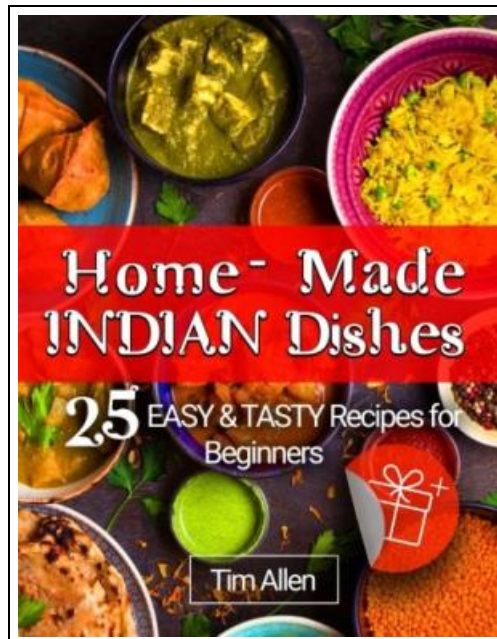


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HOME-MADE INDIAN DISHES: 25 EASY AND TASTY RECIPES FOR BEGINNERS. (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What are the first things that come to your mind when you think of Indian food? Hot, spicy, oily, rich, fatty, bad for you, difficult and time-consuming to cook, curry powder.Indian food, though hugely popular, is highly misunderstood. Contrary to popular belief, Indian food is not just about curry, chilies and oil! There is probably no other cuisine in the world that includes as many healthy and diverse vegetables and spices. At the same time, Indian cuisine is not just for vegetarians. If the worldwide popularity of Butter Chicken, Rogan Josh, Vindaloo and Fish Amritsari is anything to go by, Indians know a thing or two about pleasing the non-vegetarian palate! Did You Know That. -Indian food has evolved over thousands of years and is the ultimate symbol of how Indian culture can absorb other influences yet hold its own? -Indian cooking has taken the delicate and the sometimes intricate art of blending spices and honed it to perfection? -Indian food includes perhaps the most dazzling array of fresh vegetables and fruit cooked in a multitude of ways that help retain their freshness and nutrients? -Traditional Indian cooking almost always uses fresh ingredients and involves making dishes from scratch? This means fewer preservatives and healthier food. -Indian cooking uses spices like turmeric, ginger, garlic, green chillies.all of which have medicinal and healing properties? -A traditional Indian meal includes carbohydrates, proteins, fats, fiber.all the elements you need to make a balanced meal?.



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