



The Indian Slow Cooker: 50 Healthy, Easy, Authentic Recipes

By Anup Singh

Agate Publishing. Paperback. Book Condition: new. BRAND NEW, The Indian Slow Cooker: 50 Healthy, Easy, Authentic Recipes, Anup Singh, This unique guide to preparing Indian food using classic slow-cooker techniques features more than 50 recipes, beautifully illustrated with full-color photography throughout. These great recipes take advantage of the slow cooker's ability to keep food moist through its long cooking cycle, letting readers create dishes with far less oil and saturated fat than in traditional recipes. Anup Singh shows the busy, harried family that cooking healthy is simple and that cooking Indian is just a matter of understanding a few key spices. Her "Indian Spices 101" chapter introduces readers to the mainstay spices of an Indian kitchen, as well as how to store, prepare, and combine them in different ways. Among her 50 recipes are all the classics - specialties like dal, palak paneer, and gobi aloo - and also dishes like butter chicken, keema, and much more. The result is a terrific introduction to making healthful, flavorful Indian food using the simplicity and convenience of the slow cooker.



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Reviews

If you need to adding benefit, a must buy book. it absolutely was writtern extremely flawlessly and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mrs. Odie Murphy II**

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

-- **Rachel Stiedemann**