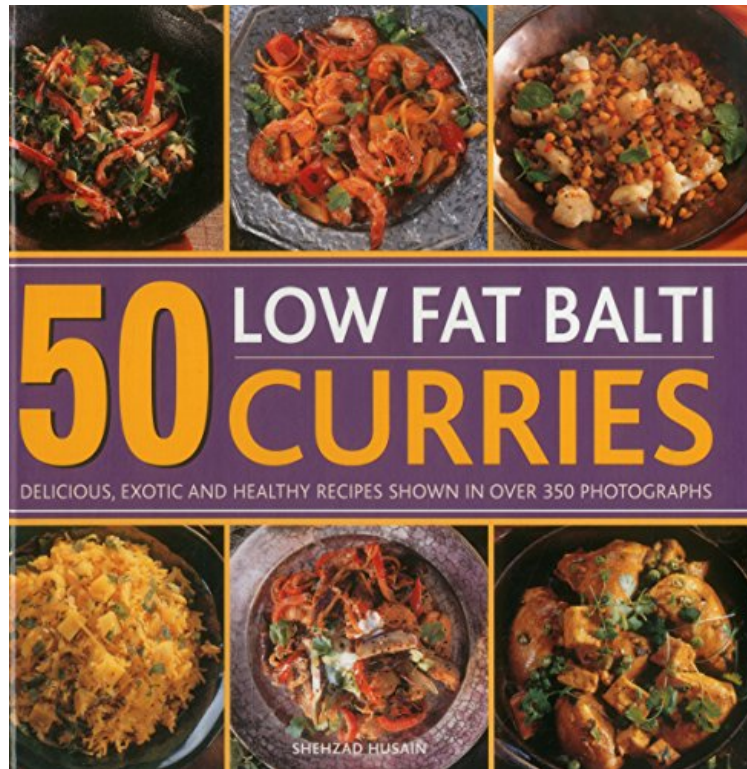


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Balti cooking is one of the most exciting techniques for making delicious and exotic stove-top meals that are high in taste and quick to cook. Many of the wonderful curries naturally lend themselves to low-fat cooking techniques, so you can enjoy rich Balti fare without worrying about the calories. This book contains 50 tempting recipes for all occasions, including Balti Lamb in Yogurt and Garam Masala Sauce, Stir-fried Vegetables with Monkfish, Balti Chicken Vindaloo and Mini Mince Koftas in Onion Sauce. An illustrated introduction supplies information on special ingredients and techniques, and cook's tips throughout highlight particular cooking methods and helpful recipe variations. Whether you want a complete low-fat Balti meal or just a single interesting course or accompaniment to perk up a low-fat diet, this book will have exactly the recipe you need.

About the Author Shehzad Husain taught cooking at the Cordon Bleu School in London. She is an author and a regular contributor to a number of magazines, including Taste and Family Circle. She has worked as an advisor to Marks Spencer on their popular range of Indian foods.