

(Mobile pdf) Bal's Quick and Healthy Indian

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Bal Arneson

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#309835 in Books Whitecap Books Ltd. 2011-02-15 2011-03-15 Original language: English PDF # 1 10.00 x 1.00 x 8.00l, 1.85 #File Name: 1770500235208 pages | File size: 74.Mb

Bal Arneson : Bal's Quick and Healthy Indian before purchasing it in order to gage whether or not it would be worth my time, and all praised Bal's Quick and Healthy Indian:

2 of 2 people found the following review helpful. Spice Goddess at work..By TolkienFanI have had a love affair with Indian food since the first time I tried authentic Indian curry. The food is rich and teeming with spice, aroma, and flavor. The flavors are bold and warm and reminiscent of those found in street bazaars and small hole-in-the-wall eateries where the aromas have taken hold of the walls and furnishings and created an ambiance that virtually takes over your mind and spirit. I LOVE Indian cuisine. It warms the body and soul and caresses the spirit. I first found Bal Arneson on the Food Network. Her show "Spice Goddess" intrigued me as much for her relaxed approach to the cooking as for the demonstrations and use of spices. Learning more about the spices and the techniques became an imperative for me. So recently I decided to do something about it. With the aid of another lover of Indian food, I embarked on a journey to find food that I could prepare at home without updating my kitchen or owning a bank. This book is one of five I purchased to take that journey. I started using this book about 6 weeks ago. I have tried 11

different recipes so far and have enjoyed all of them (some of them more than others of course..). I love the Dhal soup and the Pork Rib Roast with Coconut Curry and the Spiced Lamb (I reduced the amount of the tomato in the lamb recipe..). There is also a recipe for making paneer and since I have always wanted to make cheese at home, I had to try it as well. Bal also gives a little guidance for cooking rice which I have NOT tried, but probably will. So, what is the verdict.??? Well, it's pretty much what I expected. The book is very well done. Then images are full color and nicely done although I think the overall effect could have been enhanced if there were more of them. The recommended spices are easily obtained and the meal costs are reasonable. After using this book for awhile, I am more enthused than ever about the food of the sub-continent and its place in my kitchen. I will continue to study the spices and the approaches to the food with Bal Arneson and a select few other Indian food gurus. Five stars for a very well done book.!

14 of 14 people found the following review helpful. Fun and easy Indian cooking
By R. Pflaum
Bal caught my attention with her cooking show "Spice Goddess". She is an excellent teacher and her manner translates well into a cook book. I have tried 4 of her recipes from the show and have made 3 of the recipes from this book, including making my own paneer, which is homemade cheese. It is fun and what a difference making your own cheese does for a recipe! She also gives you alternatives for many items for if you don't have it in your kitchen. You do need to stock up your kitchen when some spices normally not found in an US home, but they are well worth the cost to make Indian food in your own home. Well worth the price if you love Indian food and want to make it healthier for today's diets!

0 of 0 people found the following review helpful. Great cookbook
By Mika Martin
I've had trouble getting the hang of some of her slightly-healthified versions of battered-n-fried stuff (pretty much any recipe with the word crispy in it). But otherwise she's pretty bold and inventive with spices and flavor combinations and I love using this book for weeknight cooking. Makes me wish she had a blog like so many other formidable home cooks these days.

Who says Indian cooking has to be complicated? Following the national success of *Everyday Indian*, author Bal Arneson brings new twists to classic Indian meals in her new book *Quick and Healthy Indian*. These health-conscious recipes will delight those looking for a new and easy way to enjoy low-fat meals while still exploring the adventurous side of cooking. Sure to please even the most sophisticated of Indian palates, these recipes will delight your taste buds, wow your body, and fit into your busy schedule. Explore dishes like: Avocado and Edamame Bean Salad, Spiced-Honey Chicken on Garlic Asparagus, Fenugreek Chicken, Ricotta Pudding with Green Cardamom and Blueberry Sauce.

About the Author Bal Arneson was born in Punjab, India, where she learned to cook traditional Indian cuisine with her elders at the age of nine. Today she teaches cooking classes, has made multiple appearances on CityTV's *CityCooks*, and is sponsored by Cuisinart and Vollrath. Bal's own show, *Spice Goddess*, airs on the Cooking Channel and Food Network Canada. Excerpt. © Reprinted by permission. All rights reserved. Readers informed me they were surprised to learn how healthy and simple it could be to prepare traditional Indian food. People wanted more recipes, another cookbook that would go into even more detail on the health benefits of the individual ingredients. Well, I've been inspired by my readers. This, my second book, is full of my newest, delicious, simple-to-prepare creations.