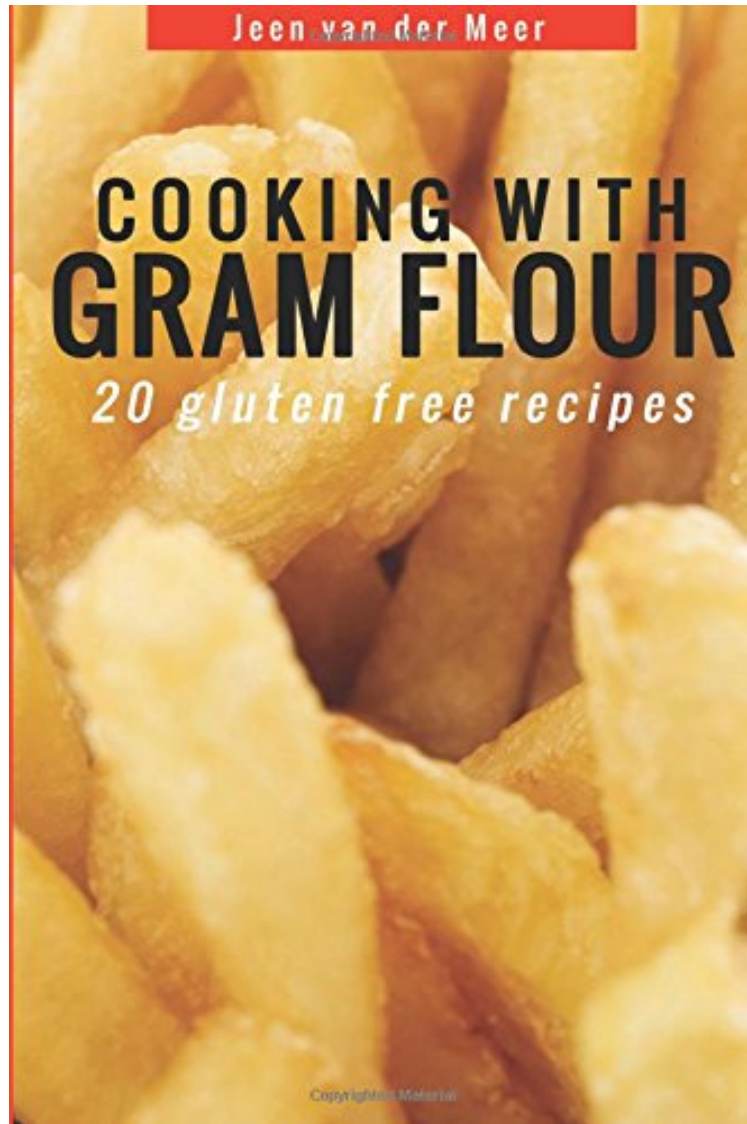


[Mobile ebook] Cooking with Gram Flour: 20 Low Cholesterol Recipes (Wheat flour alternatives)

Cooking with Gram Flour: 20 Low Cholesterol Recipes (Wheat flour alternatives)

Jeen van der Meer

*ebooks / Download PDF / *ePub / DOC / audiobook*



[Download](#)

[Read Online](#)

#4485930 in Books 2013-09-09 Original language: English PDF # 1 9.00 x .11 x 6.00l, .17 #File Name: 149237942546 pages | File size: 70.Mb

Jeen van der Meer : Cooking with Gram Flour: 20 Low Cholesterol Recipes (Wheat flour alternatives) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Cooking with Gram Flour: 20 Low Cholesterol Recipes (Wheat flour alternatives):

Cooking With Gram Flour The Chickpea and Gram Flour Recipes provide you with twenty delicious recipes featuring chickpea flour in each of the recipes. You can find chickpea flour under different names such as besan flour and gram flour. A few of the recipes within this book call for "gram flour." All of these flours are the same and come from dried garbanzo beans that have been finely ground. Chickpea flour is used in many recipes as a thickener for sauces and gravy. Chickpea flour also makes delicious breads, wonderful curries, crisp crusts, and gravy for oriental and Indian cuisine. People on a gluten free diet may find "most" of the recipes in here helpful. A few of the recipes do contain wheat, so read the ingredients carefully. The recipes within this book includes a cross of savory pancakes, sweet breads, perfect vegetable curry, egg and potato substitutes, filling for burgers, delicious biscuits, tasty quiches, and a wonderful crusts for vegetables, fish and chicken. A sampling of the recipes in Cooking with Gram Flour include: Asparagus Chickpea Flour Omelets, Chickpea Bread, Chickpea Hummus, Chocolate Chip Nut Cookies, Fried Halibut, Gram Pancakes, Indian Chicken Masala Curry, Indian Curry Vegetables, Minced Beef Patties, Moroccan Egg Tart, Potato(less) French Fries, and Indian Style Yams.