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# Bal's Quick And Healthy Indian



## Synopsis

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

## Book Information

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## Customer Reviews

I've really enjoyed Bal Arneson's *Spice Goddess* cooking show on TV, enough so that I've looked up a few of her recipes online to make for dinner. When I found that the library had a copy of her new cookbook, I grabbed it. I'm glad I did. Most Indian cookbooks (and ethnic cookbooks in general) make a big deal about teaching you to cook authentic dishes, just like Mom used to make. Sometimes they take shortcuts for time or because we can't get the same ingredients, but the expectation is that we are approximating a "real" Indian dish. What I like about Bal is that while she celebrates the spices and flavors of India, she is happy to use North American ingredients. (You may need to go shopping for some of the spices, but most of them are available mail order, and I'm lucky enough to have a Penzey's Spices store nearby.) Her attitude seems to be, "If salmon was

available in India, this is what we would have done with it."The author also puts a lot of emphasis on making the food healthy and, if not precisely "ready in 30," at least easy to put together on a busy weeknight. If you have a complete spice pantry (mine is 5 feet high, in what was built to be a DVD wall unit), you only need a few items for a tasty dinner. For instance, "coriander tuna with broccolini" uses crushed coriander seeds as a crust on the fresh tuna, served with steamed veggies spiced up with toasted mustard seeds. There's a good balance of meat, fish, and vegetarian options. So far, the only dish I've made from the book is "chicken with almond butter," which met my criteria for a healthy midweek meal. (She notes, "Almonds are a good source of monounsaturated fats, vitamin E, magnesium, and potassium.") In addition to the chicken breasts and 1/4 cup of almond butter, it uses garlic, a tablespoon (!) of fenugreek seeds, coriander, and a cup of chopped tomatoes. It went together very quickly and was a solid YUM. Next up on the What To Make For Dinner list is "maple cardamom salmon," served with bok choy and ginger. Or maybe it's "eggplant and sweet potatoes with cherry tomatoes" (seasoned with fresh ginger, cumin seeds, and garam masala). Hmm. These are fun choices.

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 are 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!

This is a great cookbook and the recipes are easy to make and follow and the illustrations help too. I will definitely recommend this to others who also love Indian cuisine =)

I 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. The 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.!

I started watching the Spice Goddess's show on FoodTV in New Zealand and just loved it so I bought the book. My hubby is a celiac and a lot of the recipes have GF ingredients which is great and also he would not eat food that was spicy in any way, but guess what, he will Hoover down Bal's meals and go back for seconds. Thank you Bal for this gorgeous book, now I can cook food that is healthy, easy, very tasty, spicy, but not hot.

The recipes we've tried so far have been wonderful. We've even made paneer. Who knew it was so easy? The food tastes even better because of Bal's anecdotes of life in India while she was growing up.

I have only tried a couple of recipes so far and they turned out good. The recipes seem to be pretty easy. Would recommend.

I have other Indian cookbooks but some of the recipes are very procedure involved. This cookbook has some wonderful Indian recipes that do not take extensive kitchen time to prepare. I am very happy with this cookbook and would be glad to recommend it to anyone who wishes to cook and

enjoy Indian recipes.

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