



50 LOW FAT BALTI CURRIES

DELICIOUS, EXOTIC AND HEALTHY RECIPES SHOWN IN OVER 350 PHOTOGRAPHS



SEPHIROD PUBLISHING



Low Fat Balti Curries Photographs

Yi-Tong Ma



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50 Low Fat Balti Curries Shezhad Husain, 2015-08-31 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 **Around the World in 350 Recipes** Sarah Ainley, 2005

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