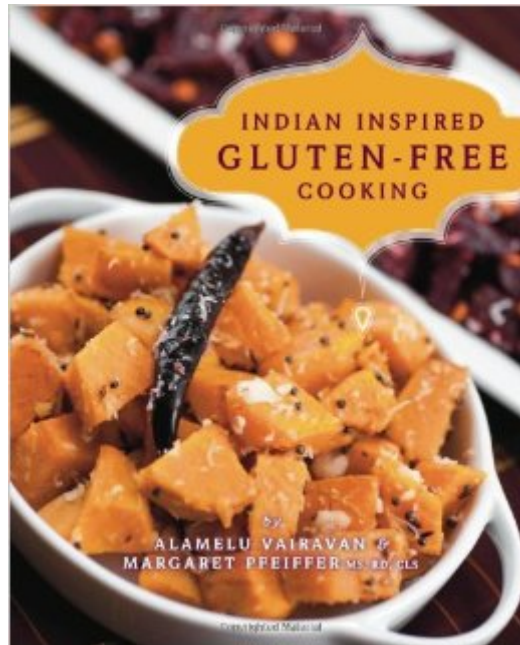


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# Indian Inspired Gluten-Free Cooking



## Synopsis

Popular TV host and cookbook author Alamelu Vairavan teams up with registered dietitian Margaret Pfeiffer to spice up your gluten-free diet! This book aims to help users easily prepare gluten-free aromatic foods, uniting the exquisite flavors of Indian cooking with western comfort food using only commonly available ingredients. Most gluten-free diets are bland and restrictive, but Indian cuisine opens the door to a new world of flavors and dining options. Rice, vegetable and lean meat dishes fit naturally into the gluten-free regimen. With inventive offerings like Pomegranate Yogurt Salad, Mushroom and Green Pea Quinoa with Pistachios, Chickpeas with Ginger and Mango, and Chicken in Almond-Coconut Sauce, this cookbook brings the rich flavors of Indian cooking to your gluten-free table. Indeed, this cookbook is for anyone--not just those who are gluten intolerant or gluten sensitive--because the recipes are a great way to add tasty, healthful options to your everyday meals. Includes: More than 100 easy-to-follow step-by-step recipes Helpful FAQ on gluten-free foods Guide to Indian spices, rice, grains and legumes used in the recipes Nutritional analysis for each recipe Beautiful color photo for each recipe

## Book Information

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## Customer Reviews

This book takes Mrs. Alamelu Vairavan's previous, excellent books to an even higher level of excellence, lucidity, and easy-to-follow recipes. I am not very good at cooking, but with the guidance from this book, we have prepared some incredibly delicious and healthy foods. Additionally, we have a child with some food allergies (including gluten ingredients). This book has been a blessing as it lays out healthful and tasty recipes suitable for all ages, without any added burdens or worries

about gluten. Although every case can be different, we have had no problems in our gradual (and increasingly speedy!) exploration of the wide variety of recipes. We love it. We started with the potato cutlets (amazing -- needs to be tried to be believed) and moved on up to other sections as well. This is a high quality book (and a great follow-up to Alamelu's previous books). It is a book that is very deserving of all the enjoyable exploration that is bound to ensue. I recommend without reservations!

Alamelu makes Indian cooking look so simple on public TV . When we were on the Norwegian Starcruise ship sailing around the Hawaiian islands, Indian food was offered and I loved all the exotic flavors . This book has all the conceivable ways possible to combine vegetables and spices . It includes rice and quinoa and lentils and options to add chicken or meat . It's a gluten free . not vegetarian cookbook , but can easily be converted . It's good to have ideas how to use spices to make vegetables and lentils interesting , since they are so beneficial to our health .

I ordered this book because I saw Alamelu's cooking show on PBS. I have celiac disease and eat no gluten. These recipes are awesome. I like to watch the show now with my book in hand. I have made many recipes. My favorites are the vegetable dishes, which compliment any meal.

I am having so much fun with Alamelu's new gluten-free cookbook. The recipes are simple yet the flavors are fantastic. I just made the Crunchy Cabbage with Ginger and Coconut. For those who are trying to avoid gluten and the highly-processed gluten-free foods, this dish and many in the book can even be included as part of a tasty breakfast alongside a salmon or turkey patty. Who says vegetables aren't for breakfast? Super easy and delicious. Enjoy!

Excellent GF recipes that everyone in my family likes. I have other Alamelu V. cookbooks, and these recipes are a bit "toned down" to suit the tastes of those unfamiliar with traditional Indian cooking--but this also means they're easier to cook, with regard to using Indian spices. If you eat gluten free, are a vegetarian (although there are meat-based recipes included), or simply want easy-to-prepare Indian main dishes or side dishes, you'll enjoy this cookbook. There's a section on understanding gluten-related issues which would be helpful to those starting out on a GF diet, but the section is not so large as to take away from the primary purpose of the book--lots of good recipes.

EVERY SINGLE RECIPE THAT WE HAD PREPARED IS FABULOUS; WELL BALANCED IN SPICES AND FLAVORS. IT WAS A GREAT CHOICE FOR I HAVEN'T FOUND MANY INDIAN COOKING BOOKS THAT I LIKE,....AND BEEN GLUTEN-FREE RECIPES.....WOW.

My wife has made several recipes from this book. The latest is Seasoned Potatoes in Lentil Sauce. It was very good. She doubled the recipe since three (3) cups of water did not seem to be enough quantity for us (we like leftovers, and this, like other soups, would be better the next day :)). She did half the cayenne pepper, but it was plenty hot enough for our tastes.

Well my Friend you have done it again . These recipes are easy to follow and taste great - I like the layout and being a fan of Indian food I would incorporate many of these dishes in a non Gluten Free diet. look forward to the next book ..Keith S

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